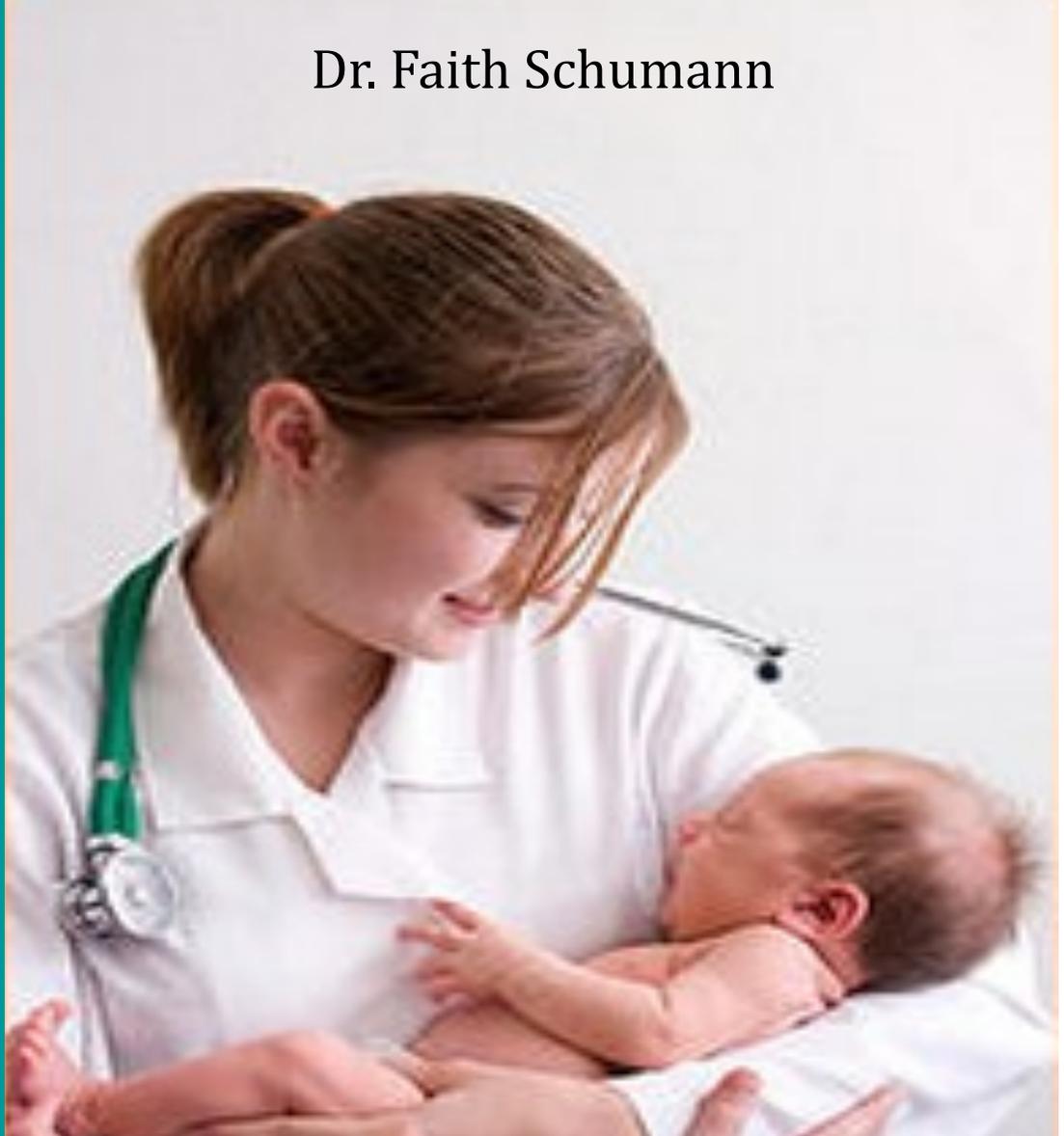


The Natural Mother's Reference Guide

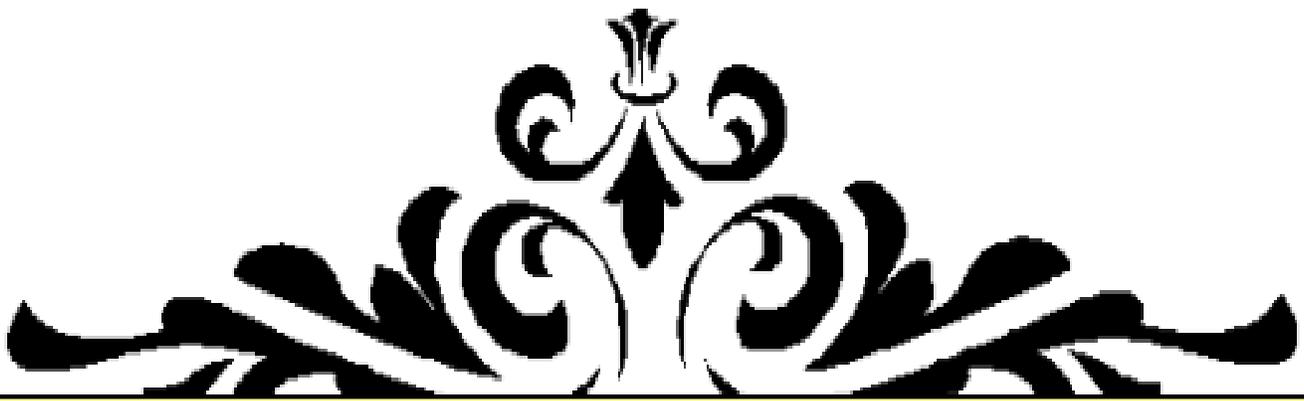
**Alternatives to Treating the Common Ailments
That Affect Infants and Children**

- A helpful resource for mothers who wish they knew options to help their children naturally.
- Written by a mother who's a physician and has had first hand experience at seeing natural alternatives work for her patients.

Dr. Faith Schumann



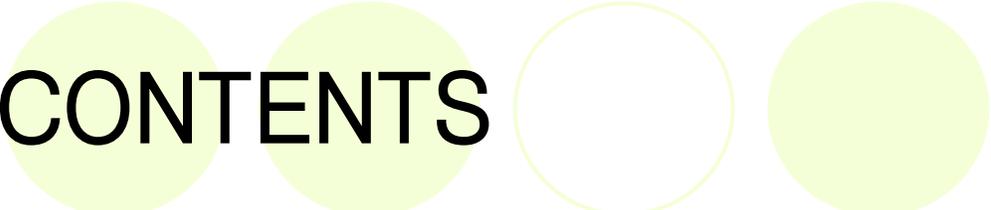
**Methods That Work! Includes which Young Living
Essential Oils to Use for Those Common Ailments!**



Foreword: As a mother and a doctor I have the privilege every day to encounter and help children and moms in need. As you read through this booklet please note that the information provided are all suggestions that I have used with my patients and have had much success with. The suggestions however are not intended to diagnose and/or cure. If you have questions on whether or not the natural alternatives would work for your infant or child please consult a chiropractic physician to better assist you in knowing if the alternatives are right for your child.

Why Chiropractic: As chiropractors our only tools to help the body are our hands and our knowledge of helping our body systems naturally. If you give the body the right tools it will and can heal itself. Chiropractors are always on the forefront of finding and knowing what works in order to help their patients to achieve health and wellness naturally. We believe every child should be checked at infancy to make sure their body does not have interferences that can cause health concerns after birth or down the road. Specific spinal adjustments/releases gently realign the baby's vertebrae to allow the nervous system to be balanced. The added assurance that your baby/child has optimal health through natural approaches will give you a peace of mind that can be hard to find as a parent at times.





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DISCLAIMER (required by US Federal Law): Any information shared or presented is NOT meant to diagnose, treat, cure, or prevent any disease, and is intended for educational purposes only. Nor are the products which are discussed and / or presented in them meant to diagnose, treat, cure, or prevent any disease; they have NOT been evaluated by the FDA. Please seek advice from a health care professional knowledgeable in your area of concern. My intent is to educate and empower individuals to make educated decisions to enhance the health of their selves and their families using natural approaches. Thank you and I wish only the best health for you.

Allergies/Asthma

Allergies and asthma in kids is very commonly linked. If a child has an issue with either allergies or asthma about 60% of the time it's related to the foods they are consuming. It is found that kids with food allergies get sick more often because their immune systems focus on reacting to foods, rather than on fighting germs. Asthma, alone is the leading cause of school absence in the United States, with the prevalence rates in children under 5 years of age. The digestive system can take awhile to develop properly (during the 1st 2 years of life) feeding children a balanced diet. Not provoking irritation to the digestive tract will allow for the immune system to be less reactive to external factors such as seasonal allergies or asthma. There are many common food allergens such as gluten/wheat, dairy, corn, soy, nuts, shellfish and eggs. There are 2 types of allergy reactions to food, 1) Delayed: which make up about 90% of food allergies; the allergy reaction can occur up to 4 days after the allergen food was ingested. 2) Immediate: Also known to cause anaphylactic shock symptoms. These allergy reactions make up about 10% of food allergies. This reaction can occur from seconds to a few hours after the food was ingested. The immediate food reaction is most commonly thought of when someone states that they have an allergy to a food. In fact having a delayed allergy response is more common and silent towards causing other symptoms not typically associated with "allergies". When wanting to help get to the root of the cause for allergies or asthma, repairing the digestive tract may have to be your initial approach. Keep in mind that most common childhood ailments can be directly linked to overall poor digestive tract health.



Natural Alternatives to Try – Asthma/Allergies

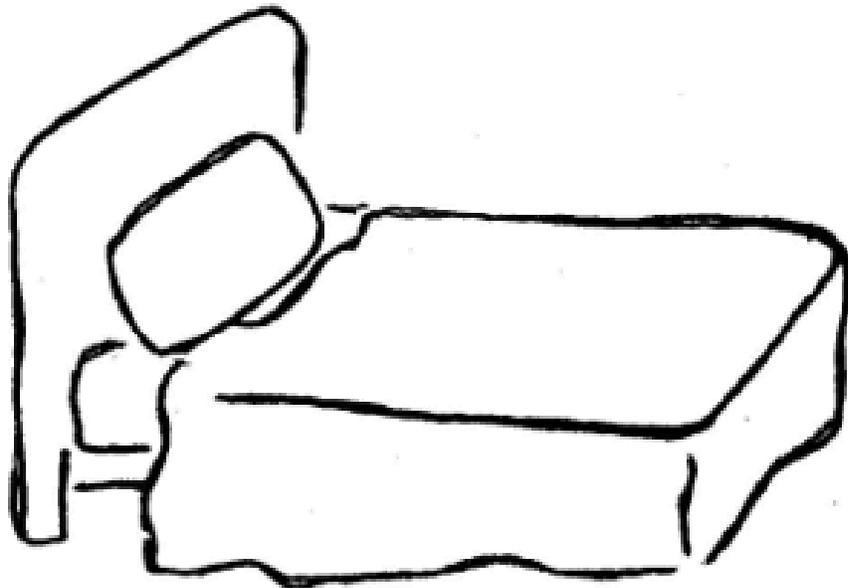
- **Correcting structural dysfunction through chiropractic care.** Numerous studies have been done showing the effectiveness of chiropractic treatments and how they help with symptoms of asthma. Ideally, correcting restrictions placed upon nerves that help to control lung function can help to reduce issues associated with asthma and even seasonal allergies.
- For infants, **nursing is ideal** to help the immune system and digestive tract develop with the least amount of stressors as possible that can be brought on by formulas. Try delaying feeding of solids until at least 6 months so as to give the digestive tract a chance to form the proper “mucosa” so it can ward off pathogens easier.
- **For a fast acting natural option to open airways,** use the essential oils peppermint or eucalyptus. Diffuse into the air with a humidifier, rub onto a bib or shirt so child can breathe in the vapors. You do not want the essential oils touching the skin or getting into the eyes. It can cause irritation and/or sensations of numbing that your child may not be used to. Older kids can take a small drop of peppermint oil placed on the tongue, by breathing in the essential oil, the antispasmodic properties will help to open the airways.

To help repair the digestive tract try following the 4 R's:

- **REMOVE** foods from the diet that may be irritating the gut. A food allergy test is usually warranted. Getting a skin test will test the immediate type of sensitivities also known to test the immune factor Immunoglobulin E (IgE). The skin testing will show if you will have immediate reactions to foods or other allergens. However, when wanting to find the foods that your child may be eating and could potentially be making them sick overall, the ideal test you want performed is one that specifically tests Immunoglobulin G (IgG). If any food sensitivities or allergies are found, then it is advised to avoid those foods for your child's symptoms to improve. Then continue to try and help repair any digestive tract damage that may have occurred. It's necessary to repair the digestive tract because 70-80% of our immune system is derived from it.
- **REPLACE** any digestive enzymes or proper stomach acid to achieve an ideal digesting environment. Certain chewable supplements can be used to help break foods down when a meal is to be digested. Enzymes from papaya can be helpful for some children and they taste pleasant. Drinking apple cider vinegar or sometimes pickle juice can help to replenish the proper pH needed in the stomach to help break down proteins as well as aiding in calcium absorption.
- **REINOCULATING** the gut. To do this increase probiotics (good bacteria) via supplement form to a therapeutic dose (ask a chiropractic physician) or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy). Consume foods with good bacteria such as keifer (dairy free preferably), Kombucha tea (can be found in many flavors at any health food store), coconut milk or almond milk yogurt.
- **REGENERATE** the digestive tract lining with supplements that will encourage proper gut cell health. Supplements or shake drinks that include MSM, Aloe Vera, Colostrum (the first food in mother's milk is protective for the digestive tract—it can be bought in cow or goat supplement form), Glutamine, and deglycerinated licorice (DGL). Your Chiropractic Physician can determine what form of supplement is best for your child. Keep in mind these supplements are natural, gentle and effective for most individuals.

Bedwetting

Bedwetting or Enuresis is involuntary urination in children over 5 to 6 years old. It may occur at any time of the day or night. It may include lower spinal cord lesions, birth defects of the genitourinary tract, infections of the urinary tract, or diabetes. Children with ADHD are more likely to be bedwetters, and boys are more likely to suffer from ADHD. If you do see bedwetting in combination with some common characteristics of ADHD, it may mean the communication links between their brain and bladder isn't mature enough to function properly during sleep. Dr. John W. Gerard, Professor of Pediatrics at the University of Saskatchewan, presented evidence that bedwetting is sometimes the result of an allergy, "The prime problem is that the bedwetting youngster has a small bladder capacity and the bladder capacity has shrunk because the detrusor muscle is in spasm which is often a manifestation of an allergy." It should also be noted, emotional concerns can often be a cause for bedwetting.



Natural Alternatives to Try — Bedwetting

- **Correcting structural dysfunction through chiropractic care.** Results from a study published in the Journal of Manipulative and Physiological Therapeutics found that one-quarter of the 171 children in a study treated with chiropractic care had a 50 percent reduction of wet nights.
- **Using supplements** to enhance the nervous system's development and function such as fish oils, B-vitamins, ginko biloba (can help regulate blood/fluid flow through the kidneys), and Iron (a deficiency can be associated with weak bladder function). Neurotransmitter testing for nervous system communication may need to be conducted to see what other deficiencies there may be affecting bladder control. Testing for neurotransmitters can be performed at our clinic (urine & saliva test).
- **Eliminate foods** such as dairy, gluten, sugar. Or get a food sensitivity test that specifically tests IgG or IgA response levels. This specific test can be done through Cyrex Labs. Foods that inflame the GI tract can directly affect the nervous system function and rate of development.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a Chiropractic Physician) or include it in the diet as a daily essential supplement. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy).
- **Homeopathic remedies** formulated to strengthen immature bladders can be found at most health food stores. Be-dry is one common supplement that is known to help immature bladders.
- Because bedwetting can involve dysfunction from an immature bladder and the possible link that ADHD kids are more likely to have bedwetting, **having a functional neurological examination done** by a Chiropractic Neurologist can help to bring light to certain delays in the overall nervous system and brain. Experts at Brain Balance Achievement Centers can be very helpful in evaluating children for certain weaknesses in the development of a child's brain and nervous system. Their website is www.brainbalancecenters.com. Or find a doctor via www.acnb.org. I also like to encourage exercises to help stimulate the brain. A great workbook can be found on amazon called "Primitive Reflex Training at Home" by Lori Mowbray.
- **Aromatherapy** can be helpful, Cypress Oil is known for it's antispasmodic and astringent properties. Applying this oil to the abdomen and massaging a few drops with a carrier oil can be beneficial for bladder function.
- **Counseling** and helping your child through some emotional challenges can also make a big difference.



Colds/Flu/Fever

Colds and flus are not fun to deal with as a parent or as a child for that matter. There are over 200 strains of viruses that are known to cause the common cold. Getting sick at some point in your child's life is inevitable and actually a good sign that the immune system is working. However, when getting sick happens more often than it should or stays around longer than expected that is when parents should ask themselves if they are helping to keep their child's immune system in check. Keep in mind we do need to be exposed to pathogens, it does help us to build our immune systems so we can live in this ever changing world. But we need to do so having a sword and shield to battle the bugs successfully. That's where nutrition comes into play as to help us win those battles with out too many casualties. For fevers it should be expressed that the body increases in temperature as a way to fight infections. Fever itself is not life-threatening unless it is extremely and persistently high, such as greater than 107 degrees F. Nonetheless, knowing when a fever becomes serious is where parents should seek out medical attention. Some of those signs are:

- Your child is less than 3 months old and has a fever of 100.4 degrees F or higher.
- Your older child 3 months and older has a temperature of higher than 102.2° F
- You suspect dehydration from vomiting, diarrhea, not drinking liquids (sunken eyes or soft spot, dry diapers, tented skin, unarousable).
- Still has a fever after 24 hours (in kids younger than 2 years) or 72 hours (in kids 2 years or older).

FamilyDoctor.org has a great flow chart that shows how to know if a fever is serious or not. Print it off and have at home to be able to reference to it in times of need.



Natural Alternatives to Try — Cold/Flu/Fever

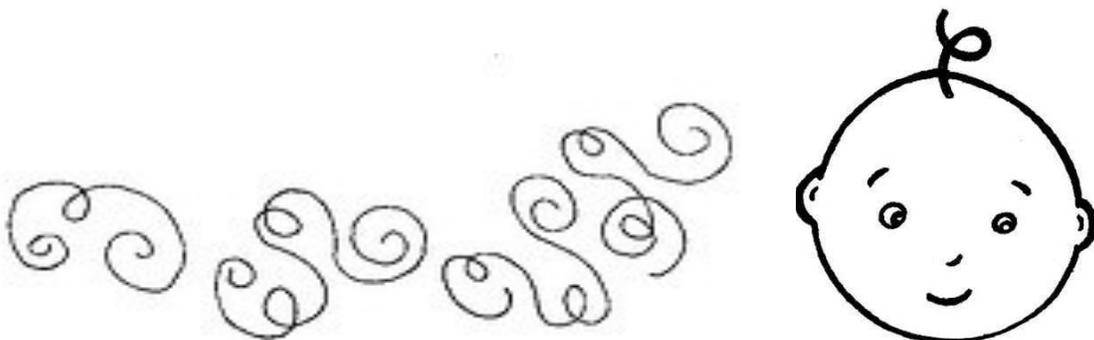
- **Chiropractic care can have a positive effect on immune system function.** Vertebral subluxations or misalignments can cause nerve interference by placing pressure on nerves. The nervous system controls the immune system therefore, chiropractic care helping the immune system is just one of many benefits. During the influenza epidemic of 1917-18 chiropractic became famous for saving people at a higher rate than what the medical profession could offer at the time.
- **Cut down on junk food.** Children who eat junk food on a regular basis get sick about 8 more times/school year than other kids. Cut down on sugar, it is directly linked with depleting many nutrients, as well as dampening the immune system. Kids really should not have more than 10-12 grams of sugar/day. If they do, you will be burdening their immune systems lifelong.
- **Be sure to keep your child hydrated,** suggestions on hydration tips: ice chips (especially if nausea/vomiting is involved with the sickness the ice can hydrate at a slower pace as to not upset the stomach), home made rehydration pops (see recipe below), water, bone broths, coconut water (an excellent source of electrolytes), fermented coconut drinks. Try to avoid drinks with high fructose corn syrup and food colorings or dyes, like that can be found in Pedialyte drinks. Less burden on the body to heal the better. There are plenty of naturally made options out there to rehydrate children and still taste good.

Homemade Rehydration Pops:

- 2 cups of coconut milk (the organic no added anything coconut milk in a can or carton) or coconut water (I like the brand Zico for coconut water). Has high amounts of Potassium.
- 1 teaspoon of sea salt (the more colorful like pinks and grey the better the salt).
- 1 tsp of Stevia (natural sweetener, I like Sweet Drops Brand). The less sugar the better, I find that sugar can really dampen the immune system.
- You can add blue berries (high in antioxidants) or kiwi (which is high in vit C and potassium) to add some color and more flavor. Or NingXia Red Juice from Young Living, my all time favorite. Sometimes you can add Whey water as another great potassium/sodium source.
- Blend then freeze in popsicle containers to have on hand during that cold and flu season.
- **Try using organic apple cider vinegar to reduce fevers.** By rubbing the apple cider vinegar with water on the bottom of your child's feet it can help to bring the heat down. The acid in the vinegar draws the heat out of the feet because the feet have the most sweat glands in our bodies. Some parents have tried dipping socks in two cups of organic apple cider vinegar and two cups water. Soak the socks and then wring them out. Place on the child and monitor if they dry out. Keep repeating until the fever is reduced.
- **Diffuse aromatherapy in the house,** Thieves oil from Young Living oils is a must have standby in my house. Very effective in combating bacteria and viruses while giving your house a clove like scent. They have a variety of soaps, hand santizers and cleaners that are all green friendly. Many moms will put the Thieves oil in a roller bottle with Fractionated Coconut oil and rub on their child's feet before bed or on their neck before they leave for school.
- **Homeopathic remedies and supplements for colds & flu.** Other common supplements to aid the immune system: vitamin D, vitamin A, Zinc (zinc lozenges must have zinc glycine to be effective), vitamin C, B-vitamins, colostrum, probiotics, herbal immune remedies made for kids.

Colic

Colic can occur in healthy and well-fed infants. To be diagnosed with colic the infant has to have bouts of irritability, fussing, or crying lasting for a total of 3 hours a day; colic must also occur on more than 3 days in any one week for a period of 3 weeks. The crying or fussing most frequently begins suddenly and often after a feeding. The cry is mostly loud and continuous, and the spells last from 1 to 4 hours. The baby's face often gets flushed or red. The belly is sometimes distended or prominent, the legs alternating between flexed and extended straight out; the feet are often cold and the hands clenched. The episodes, while they can occur at any time of the day or night, typically begin in the late afternoon or early evening. Infantile colic typically begins at about 2 to 3 weeks of age, reaches its peak at 2 months, begins to subside by 3 months, and is gone by 3 ½ to 4 months of age. Colic can be caused by certain scenarios. Structural: During pregnancy or the birth process the infant's body can be put in a compromised position for periods of time. This can cause restrictions or twisting on soft tissues that can affect the digestive organs or normal functions of the body. Dietary: Some babies have immature digestive systems where they have a hard time breaking down formula or mothers milk and excess gas can be caused.



Natural Alternatives to Try — Colic

- **Chiropractic has been known to be 90% effective at treating infantile colic.** Pediatric chiropractors are trained to find and release the restrictions that are caused during pregnancy or the birth process. It is necessary to find and treat restrictions as to allow for proper development of the organ systems and structural systems. CranioSacral Therapy can also be very effective towards helping colic.
- **Having a chiropractor check the infant's car seat** to make sure the design of the car seat is not causing structural issues that can put harm on their nervous system.
- **Massage the infant's abdomen in a "clockwise" fashion** to promote regular bowel function, bicycle or bending of knees towards the abdomen as well. You can also use the essential oils Melissa, chamomile, fennel, Di-Gize in an olive oil or coconut oil base and rub on babies tummy in a "clockwise" fashion. You can leave a warm washcloth over the babies abdomen after the massage.
- **Try replacing dairy formula with goat milk formula.** If breast feeding, the mother may have to limit dairy, cruciferous vegetables, cabbage, citrus, spices, caffeine from the diet as well as take digestive support also known as Digestive Enzymes so as to help break down her nutrients as they are passed through to baby during nursing.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a chiropractic physician) or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by the mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. Mom can consume foods with good bacteria such as Keifer (dairy free if that's an issue for mom to break down), Kombucha tea (can be found in many flavors at any health food store), coconut milk or almond milk yogurt, or take a probiotic supplement on a daily basis. Good bacteria is passed from mother to baby the mother has to make sure her flora is substantial. This step can be started before the baby is born.
- **Try Homeopathic remedies** such as Gripe water or Colic Calm to help with the gas pains. They have blends of calming herbs and homeopathies that help with digestion. (They can be found at local health food store, co-op or online).
- **Some babies have immature digestive systems** that have trouble breaking down the lactose found in breast milk and formula. This causes severe discomfort from bloating and gas. Colief (a lactase enzyme) can be given to the infant to help break down lactase and decrease digestive pain. It is also important to note that mom may have issues breaking down her own foods which can cause gas build up for her baby. Moms may have to take digestive enzymes while nursing as well to help.



Constipation

As a parent it can be disheartening to see your little one go through the pains of not being able to eliminate. Thus a vicious cycle can start with needing to take harsh laxatives and other measures to help your child have a bowel movement. Constipation affects nearly everyone at some point in their life. It is the number one complaint of GI issues in the United States. Symptoms of constipation can range from abdominal bloating, large bowel pain, nausea, and anorexia to name a few. Severe chronic constipation may cause fecal impaction which can then lead to severe diarrhea, ulceration of the colon and eventually intestinal obstruction. Having a history of antibiotics or food sensitivities can lead to constipation issues in children. Lack of movement and exercise as well can also contribute to a delay in bowel movement. At times physical concerns of the nervous system, being able to properly regulate the bowel and bladder function, can occur from a history of child birth trauma, in-utero trauma, and/or falls/injuries that have occurred as a toddler.



Natural Alternatives to Try — Constipation

- **Correcting structural dysfunction** that can impede the nerve communication that helps to control the digestive tract can be obtained through chiropractic treatments. In addition, being under Chiropractic care can accelerate the body's natural ability to heal itself. Releasing fascial restrictions through gentle massage via an experienced Chiropractor can also aid in better bowel motility.
- **Diet has a tremendous effect** on how the bowels function and move. Eating a healthy diet can help tremendously. The suggested grams of fiber for kids per day is 10 grams plus their age, for example a 15 year old would need 25 grams/day (10 +15). Recommended dosage for adults is 35 grams.
- **Eliminate common food allergens** that can flare up the digestive tract which can make it sluggish. Most common are dairy, gluten, eggs, soy, nuts, and foods from the nightshade family. Obtaining a food sensitivity test that specifically tests Immunoglobulin G (IgG) or Immunoglobulin A (IgA) response levels is ideal in identifying gut inflammatory responses. This test can be found through Cyrex Labs. Or through an experience natural practitioner who can test for allergies.
- **Increase fluids**, they are needed to bulk foods thus aiding in elimination. A general rule of thumb for fluid intake is taking your weight in pounds divide by 2 and that is how many ounces per day you should consume. 120lb teenager should drink 60 ounces/day ($120/2 = 60$).
- **Take probiotics** (good bacteria) daily as a essential supplement to aid in elimination. It is suggested that we are to have at least 3-5 lbs of proper bacteria in our guts in order to hopefully control the delicate balance of gut health. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy). Lactobacillus Acidophilus and Bifidobacterium are a few good bacteria strains of the 30-40 good strains of bacteria found to be present in the gut. Be sure to take a variety of probiotics and cycle out different brands as a daily probiotic is crucial to all areas of health, especially if you are not getting fermented foods in your diet.
- **Consume foods with various forms of good bacteria** such as keifer (dairy free if it's a sensitivity), Kombucha tea (can be found in many flavors at any health food store), Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious.
- **Exercise in general** can help to get the bowels moving as well. Trampolines can work well to help stimulate the bowels in adults and kids.

Ear Infections

An ear infection (acute otitis media) is most often a bacterial or viral infection that affects the middle ear. The function of the Eustachian tube allows for the drainage of secretions from the ear. Dysfunction of the Eustachian can occur from various scenarios. Structural: The nerves coming out of the base of the head help to control the opening and closing of the Eustachian tube. It is very common for the birth process or everyday activities such as falls or head traumas to cause the head and neck of an infant or child to become restricted in movement; thus possibly aiding in dysfunction of the Eustachian tube. Dietary: Another common cause for ear infections can occur from mucus congestion/overproduction that can come from sensitivities to certain foods. Avoiding those foods can help decrease the mucus formation as well as decrease immune system flare ups. Frequent ear infections are a sign of a weak immune system. A classic study done by Tala Nsouli, an allergist in the Washington, D.C. area found that about 90% of children with ear infections have food allergies.



Natural Alternatives to Try — Ear Infections

- **Correcting structural dysfunction through chiropractic care.** Nerves coming from the 1st vertebrae of the spine control the opening and closing of the Eustachian tube. Keeping the upper neck restriction free can help with optimal function of the nerves to the Eustachian tubes and proper lymphatic drainage. Children should have their C1 vertebrae check from birth as it can prevent a lot of structural issues down the road.
- **Massage the head and neck** in a downward motion from behind the ear to the collarbone to help with lymphatic/mucous drainage.
- **Eliminate mucous forming foods** such as dairy, gluten, or sugar. Another option is to get a food sensitivity test that specifically tests IgG or IgA response levels. This test is available through Cyrex Labs.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a Chiropractic Physician) or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy).
- **Consume foods with various forms of good bacteria** such as keifer (dairy free if it's a sensitivity), Kombucha tea (can be found in many flavors at any health food store), Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious.
- **Try ear drops** that have garlic, mullein and olive oil to help ease ear pain and to kill bacteria. This can be found at our clinic or local health food stores.
- **Homeopathic remedies** to help ease the symptoms and irritations that can be caused by ear infections. This can be found at our clinic or local health food stores.
- **Use the essential oils** lavender and tea tree oil. You can massage the essential oil mixture around the outside of your ear or place one drop of essential oil on a cotton ball and place it in your outer ear. Never put essential oils directly into your ears. For Infants: Dilute 2 drops of lavender and 2 drops of tea tree oil in 1/2 oz. of olive oil. For Toddlers: 4 drops of lavender and 4 drops of tea tree oil in 1/2 oz. of olive oil.

Eczema

Eczema is an immune response to a perceived invader or pathogen. The immune system can become out of balance for various reasons. In children, because their digestive tract is still developing, it is more vulnerable to toxins and food sensitivities. If proper gut lining has not been formed then children are more susceptible to getting “**Leaky Gut Syndrome**”, also known as having toxins in the blood. Since 70-80% of our immune system is found in the digestive tract not having a healthy gut can be a cause for many issues including eczema. Leaky gut syndrome is a very common situation that occurs for almost every American due to high stress lifestyles and the Standard American Diet (SAD). When partially digested food, toxins, and bacteria pass through the damaged gut lining into the blood stream the body will then recognize these particles as “self-invaders” and therefore can create an autoimmune reaction. The skin can then replicate at a higher rate due to this immune imbalance as well as form rashes because the largest organ to eliminate toxins (our skin) has to detox. Other causes to eczema can include a deficiency in essential fats. Certain types of fat-metabolism malfunctions can be found more commonly in those with eczema. In addition, external toxins that can place burden on the immune system should also be avoided. Typically they can be found in fabric softeners, soaps/shampoos, chlorine, synthetic clothing (non-natural fibers), lotions and sunscreens. Looking for more natural options are always better, as they place less burden on children’s detoxing systems (their skin).

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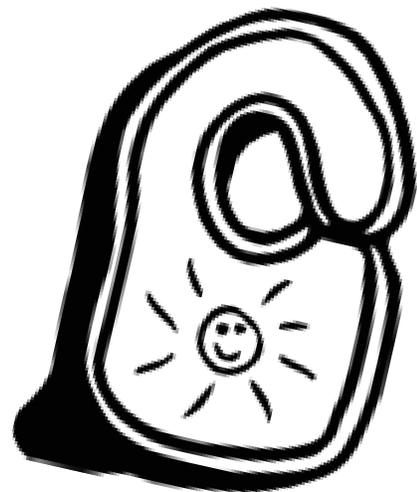
Natural Alternatives to Try — Eczema

- **Correcting structural dysfunction** that can impede the nerve communication that helps to control the digestive tract can be obtained through chiropractic treatments. In addition, being under chiropractic care can accelerate the body's natural ability to heal itself.
- **Eliminate common food allergens** that can flare up the digestive tract. Most common are Dairy, Gluten, Eggs, Soy, Nuts, foods from the nightshade family. Obtaining a food sensitivity test that specifically tests IgG or IgA response levels is ideal in identifying gut inflammatory responses. This specific test is available through Cyrex Labs. Also, eliminate foods found in the Standard American Diet, you know what they are, just look at the foods found on kid's menus.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose or include in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy). Consume foods with good bacteria such as Keifer (dairy free preferably), Kombucha tea (can be found in many flavors at any health food store), Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious. It is necessary to have proper amounts of good or "friendly" bacteria in the digestive tract. They are known to enhance immunity, help heal gut infections and they reduce the amount of toxic-by-products in the bowel. They also help to produce vitamins such as B12, Folic Acid, short chain fatty acids, and production of enzymes such as lactase.
- **Look into the GAPS diet.** Dr. Natasha Campbell has found that healing the digestive tracts via bone broths and certain foods, the gut lining can help heal the "leaky gut syndrome" that is commonly associated with Eczema issues. Her website is www.doctor-natasha.com
- **Increase good "essential" fats in the diet daily.** Avocados (this was the first food I fed to my boys instead of rice cereal), deep sea fish, nuts, seeds, and supplements to take are Krill Oil, Fish Oils, Flax Oil, Olive Oil, Fermented Cod-liver Oil (has added benefits of vitamin D & A, essential for immune function), Borage and Evening Primrose Oil.
- **Other immune boosting/balancing gut supporting supplements** to help eczema: Glutathione, Vitamin D, Vitamin A, Zinc, l-glutamine, MSM, Colostrum, or see page 5 for tips on repairing the gut.
- **See yeast infections** as well, page 28, for more options to help the digestive tract.
- **Suggested essential oils:** Mix Lavender, Melrose, or Frankincense with coconut oil to make a salve. Apply often and on the affected area to reduce pain and help heal.



GERD/Reflex

Almost all babies will regurgitate or “spit up” after some feedings, whether they are breast or bottle-fed. The occurrence of GER (Gastro Esophageal Reflux) peaks between 1 to 4 months of age. Reflux causes can co-correlate to the same causes as colic. Since infant’s digestive systems take a while to mature there are various ways to help aid in reducing symptoms naturally. It should be important to note that typical prescription medications (such as Zantac or Prevacid) can be very helpful in reducing the symptoms of reflux, especially if nothing else has worked. However, since acid blocking drugs interfere with the body's natural digestive process, important nutrients such as iron, calcium and folic acid are not absorbed as well. This in turn can cause delays in the baby’s development. Another important note is that proper amounts of stomach acid are needed to form part of the body's immune system by killing undesirable bacteria in the gut, prescription drugs can make baby more susceptible to stomach infections. As with colic, reflux can have structural and chemical components that can interfere with the normal function of the digestive system. Evaluating how much milk baby is getting while nursing and positioning of the baby’s head/neck can help with less air intake.

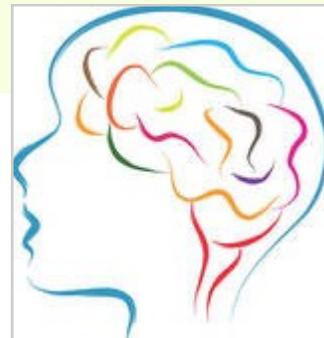


Natural Alternatives to Try — GERD/Reflux

- **Correcting structural dysfunction through chiropractic care.** Having your baby checked to see if there are structural restrictions that can be putting pressure on how the baby's digestion works is vital to overall health and wellness. Certain structural issues, such as pyloric valve stenosis and severe fascial restrictions, in the abdomen can be found and treated by a trained chiropractic professional. Having a chiropractor check the infant's car seat to make sure the design is not causing structural issues that can put harm on their nervous system. CranioSacral Therapy can also be very effective in helping reflux issues.
- **Massage the infant's abdomen** in a "clockwise" fashion to promote regular bowel function; a bicycle or bending of the knees towards the abdomen as well. You can also use the essential oils Melissa, chamomile, fennel, Di-Gize in an olive oil or coconut oil base and rub on baby's tummy in a "clockwise" fashion. You can leave a warm washcloth over the baby's abdomen after the massage.
- **Mom or infant can eliminate foods** such as dairy, gluten, citrus, cruciferous veggies that can affect digestion. Mom can also take supplements such as digestive enzymes and hydrochloric acid as to help mom able to better break down her foods so as to not pass unwanted or undigested food particles that baby can break down yet.
- **Increase probiotics** (good bacteria) via supplemented form to a therapeutic dose or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy).
- **Mom can also consume foods** with good bacteria such as keifer (dairy free preferably), Kombucha tea (can be found in many flavors at any health food store), Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious.
- **Human milk is more easily digested** than formula and is emptied from the stomach twice as quickly. This is important since any delay in stomach emptying can aggravate reflux. The less time the milk spends in the stomach, the fewer opportunities it has to back up into the esophagus. Human milk may also be less irritating to the esophagus than artificial formulas. If you can not produce alternatives are Human donors or making your own Goat milk formula. Check out my website for a goat milk formula. [Www.drfaithsentials.com](http://www.drfaithsentials.com)
- **Try homeopathic remedies** such as Gripe water or Colic Calm to help with the gas pains. They have blends of calming herbs and homeopathies that help with digestion. (They can be found at local health food store or co-op or online).
- Typically if the baby becomes more fussy towards the evening, it could be a yeast issue. All the more reason to give probiotics to help build a balanced gut to keep the yeast in check. There are also homeopathic remedies that come in liquid form that help with yeast overgrowth and can be applied upon the belly button to provide comfort for the infant.

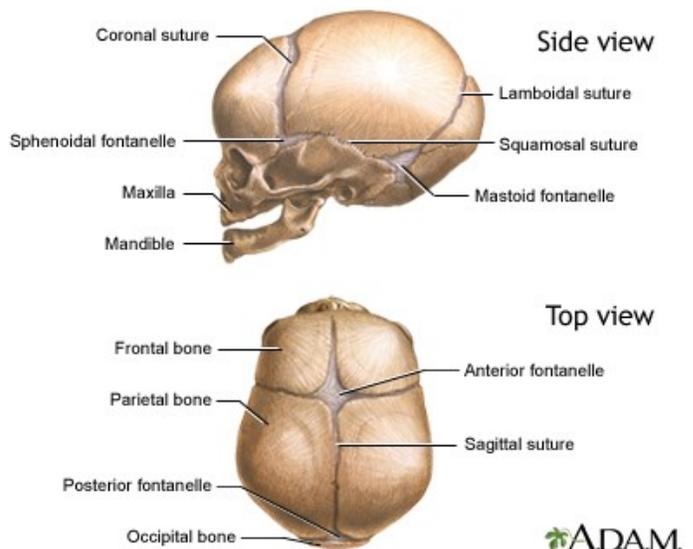
Head Distortions/Flattening

Infants typically have mis-shaped heads for various reasons. The first reason is from when the baby is inside the womb. If the fetus is stuck or restricted in a position where the head has prolonged pressure, they can be born with more than the “cone head” appearance and thus eventually a head that has noticeable distortions. A traumatic birth process as well where the infant gets restricted or “caught up” in the birth canal for a period of time can also place unwanted pressure on the cranial bones. Another reason comes from the concerns of infants and sudden infant death syndrome (SIDS) where it is commonly advised to have infants lay on their backs. This process of having the infants lay on their backs can cause the infants to have a flat head in the back of their head. If an infant has torticollis, that issue as well can have the baby laying in one position for long periods of time. Why is a nice shaped head important? Two reasons, aesthetics and function. The cranial plates that make up the skull have a function of being able to protect and support the nervous system aka the brain. Infants rely on normal development to help make their milestones. If the body has restrictions and dysfunction anywhere it can cause concerning delays in development. The conventional way of changing head shape through helmets can pose to be a forceful way to change the restrictions that have formed in the distorted cranial plates. These methods don't aim to correct the restrictions, rather they mold the infant's already stuck cranial plates. Reforming the plates to their normal position through gentle touch is more ideal for infants and initially helps to correct the underlying issue overall.



Natural Alternatives to Try

- **CranioSacral Therapy** is a very popular technique used to correct head distortions. Dr. John Upledger a doctor of osteopath developed the technique after years of studying the human nervous system and making huge breakthroughs in understanding how the nervous system works as a system and it's connection to the cranium and sacrum. Many therapists who specialize in body work such as chiropractors, physical therapists, occupational therapists, and massage therapists can be trained in the CranioSacral Therapy technique (we provide this therapy at our clinic). Having an infant checked by one of these professionals is the right step to take towards correcting your infant's head distortions. These therapists will find the underlying causes to the distortions which usually have to do with various soft tissue restrictions through out the infants body. Typical sessions take 30-60 minutes and can range between a few visits to many depending upon the severity of the infants head distortions. A great website resource is www.upledger.com
- **Having the infant's upper neck region** checked for restrictions that may be discomforting for the infant. Thus why the infant may have limited neck range of motion.
- **Ergonomics are important** when handling an infant. Many times I have come across improper head support for the infant during nursing and bottle feeding. Not having a neutral position while feeding can place great stress not only on the infants neck but the cranial plates as well. If you find that the infant only wants to nurse on one breast it can be a sign that they are not comfortable structure-wise to be at a different angles. Situations of nursing difficulties and breast sidedness must be checked for other issues that can arise from not having the ideal range of motion. Also, if you are prone to only bottle feeding your infant one sided (such as always holding baby in your left arm and feeding only with your right hand, with baby only looking to the right to feed) this can cause muscles, vertebra, and cranial plates to have a constant pressure that doesn't allow for proper or normal molding of the head to occur. In addition if the infant does not want to nurse with ease, often misalignment of the cervical spine (neck) and jaw can occur and should be checked by a chiropractor.
- **When the baby is napping**, try having the infant sleep on their stomach or side, keeping a close eye while they nap. This is a nice way to make sure breathing is not a concern, but also it allows for a more well rounded approach to giving all sides of a head a chance to mold. Also, in the car seat, it is very essential to have head supports around baby as to not allow for "whipping" of the neck while being transported.



Healthy Pregnancy/Preventing Pregnancy Pain

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. As the baby grows in size, the pregnant woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on her spinal disks in that area. As a result, the spine in her upper back area must compensate and the normal curvature of her upper spine increases as well. The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, can sometimes result in severe discomfort. In fact, studies have found that about half of all expectant mothers will develop low back pain at some point during their pregnancy. This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs and buttocks, putting pressure on her sciatic nerve. And for those who already suffer from low back pain, the problem can become even worse. In, addition to having potential aches and pains during pregnancy. Making sure your pelvic outlet or pelvis is in alignment can make for the best presentation for the infant's head and body to be able to lay properly in the uterus. The less restriction and strain on the fetus the better, for it allows better head molding, structural integrity, and less overall fascial and soft tissue restrictions placed on the baby when born. Not to mention a more balanced pelvis also can allow for an easier labor and delivery because the structure is in alignment and the fetus can come through the canal with out getting "hung up" on the sacrum.

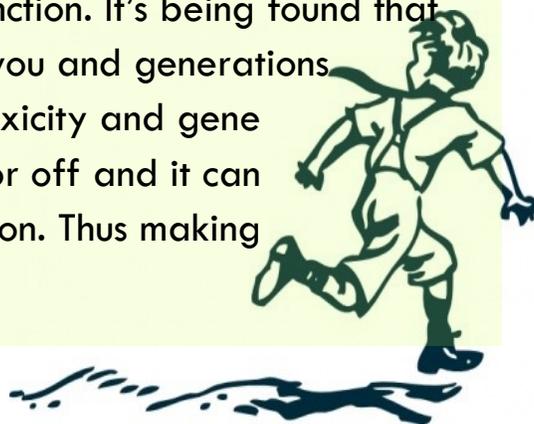


Natural Alternatives to Try — Healthy Pregnancy

- **Correcting structural dysfunction through chiropractic care.** Before becoming pregnant a chiropractor can detect any pre-existing imbalances in the pelvis or elsewhere in the body that could make pregnancy discomfort even worse. This can also leave you with additional structural problems after childbirth. Studies have found that chiropractic treatments carry no increased risk to a pregnant woman or her baby. Chiropractic care can also be helpful after childbirth. 8 weeks following labor and delivery, ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state. In addition, as the upper and lower spine return to normal, muscle tension, headaches, rib discomfort and shoulder problems can result. During all of these changes both pre and post natal having structural and functional encouragement through chiropractic treatments are valuable for mothers who want to be pain free so they can focus on their newborns.
- **When sleeping,** lie on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" are very helpful during pregnancy. It is suggested that lying on your left side is ideal, for it allows blood flow to be unobstructed and helps your kidneys eliminate better.
- **To help keep nausea and hunger under control,** rather than eating the usual 3 large meals, eat small meals or snacks every four to five hours. Good snacks include, nuts, yogurt, hummus and carrots, whereas having - bland foods that are high in carbohydrates and protein can help with the continual hormonal/liver demands placed on your body during pregnancy.
- **Heartburn** can arise usually during your 2nd trimester and be quite uncomfortable. If you feel heartburn or indigestion occur try taking a drink of an ounce of pickle juice or apple cider vinegar to help with the symptoms. Don't worry, it's not that bad tasting and the relief is almost immediate. Another option is to eat pickles :) You can also use the Young Living Essential oil Di-Gize or Peppermint and rub over your belly button for relief.
- **When picking up older children or other heavy items,** bend from the knees, not the waist. Keeping the spine in a neutral position while lifting will ensure you will not injure yourself. It is advised overall, however, restrain from lifting heavy objects.
- **Increase probiotics** (good bacteria) consumption in a supplemented form. Daily supplementation is a great way to encourage proper flora (good bacteria) transfer to your infant when he/she is born. It will help them to get a head start on their digestive system development and prevent so much.

Hyperactivity/ADHD/Autism

About 1 in 4 children are diagnosed with a sensory processing issue. 4 out of 5 children diagnosed with autism are males. Boys also have higher incidences of ADHD. Toxic environments and stressors placed on the fetus during pregnancy can cause delays in ideal nervous system function. In addition, a traumatic birth process, major illnesses, or chronic ear infections can cause prolonged inactivity and thus result in developmental delays. From a neurology standpoint, during the toddler years if there is a lack of physical movement and exercise it can have a negative impact on developing brain. **Physical:** Traumatic birth processes or other injuries during the developmental years can impede the nervous system and prevent proper feedback mechanisms from the external or “sensory environment”. Ear infections as well have been known to delay the auditory process which is vital to developing other parts of the brain. Dr. James Adams PhD, recently found that children with autism had ten times more ear infections during their 1st 3 years when compared to typical kids. **Nutritional:** If pizza, pasta, Mac-n-cheese, milk, cereal, hotdogs are the typical diet of your child you may find poor eating habits can jeopardize the development of a healthy brain. The gut-brain balance is essential for proper neurochemicals to be made. In the natural field of medicine the digestive system is known to be your second brain because of the direct consequences found in poor gut health and poor mental function. **Epigenetics:** This emerging field of study is showing the correlation with Autism and ADHD and how the genes express and function. It’s being found that what your grandmother ate could affect you and generations to come. Examples include heavy metal toxicity and gene expression that is either being turned on or off and it can all be passed down generation to generation. Thus making nutrition and diet all the more important.



Natural Alternatives to Try — Autism/ADHD

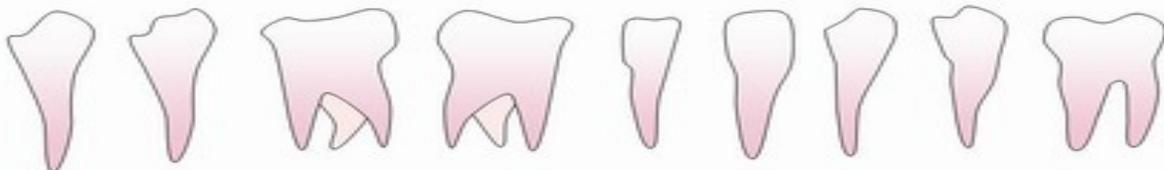
- **Correcting and looking for structural dysfunction through chiropractic care** can prevent future developmental delays because infant and toddler bodies are given a chance to grow and develop without interference. Having your child checked structurally along all the developmental stages and milestones is vital to your child's ability to be able to adapt and grow to the everyday stimulation that allows for the nervous system to develop.
- **Having a functional neurological examination done** by a Chiropractic Neurologist can help to bring light to certain delays in the overall nervous system and brain. Experts at Brain Balance Achievement Centers can be very helpful in evaluating children for certain weaknesses in the development of their brain and nervous system. Their website is brainbalancecenters.com. Or find a doctor via www.acnb.org. I also like to encourage exercises to help stimulate the brain. A great workbook can be found on amazon called "Primitive Reflex Training at Home" by Lori Mowbray.
- **It may be imperative to check or eliminate food sensitivities** or food allergens. The test used should test specifically the IgG or IgA response levels. This specific test is available through Cyrex Labs. Also, avoid foods that contain preservatives, food colorings and dyes.
- **Checking for neuro-chemical or (neurotransmitter) imbalances** can help to make the connections of brain function occur at a healthy rate. Some Natural Medicine clinics offer the ability to have a urine & saliva test performed that will evaluate neurotransmitter imbalances and then can prescribe the necessary supplements needed to replenish the deficiency in the chemicals vital for brain communication.
- **Nutritional deficiencies** with the following: Magnesium deficiency symptoms include irritability, decreased attention span, and mental confusion. Adequate levels of vitamin B6 (pyridoxine) are required for normal brain development and are essential for the synthesis of essential brain chemicals including serotonin, dopamine and norepinephrine. Iron deficiency symptoms can include decreased attention, arousal, and social responsiveness. Zinc deficiency, it regulates the activity of neurotransmitters, fatty acids, and melatonin, all of which are related to helping behavior. A GAPS diet may also be another approach to help with GI disturbances that can cause issues with gut-brain imbalances. This website is very helpful for learning more on the GAPS diet www.doctor-natasha.com
- **Increasing good fat** content to help supply the necessary nutrients for the nervous system. Fish oils, krill oil, tuna, salmon, mackerel, avocado, walnuts, almonds, hemp seed, chia seeds, olives, sunflower seeds, pumpkin seeds, coconut oil, and olive oil are all great options.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a chiropractic physician) or include it in the diet as a daily essential supplement. Probiotics are tasteless and mix easy so you can put the probiotic powder in soft foods. Proper flora is key to overall gut health. Consume foods with good bacteria such as keifer (dairy free preferably), Kombucha tea (can be found in many flavors at any health food store), coconut milk or almond milk yogurt. Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious.
- **Most importantly limit the time** your children spends not developing or playing. Television time, video games or overall inactivity can severely dampen the brain's ability to develop and grow. Play time is essential to every child's development especially during the early years. Pick up books on ways to stimulate your child's sensory needs and start early. A recent study from Australia, stated that for every 1 hour spent watching T.V. or playing video games per day, the chances of ADHD/Autism increased by 10% by school age. In other words 3 hours/day = 30% increase in ADHD/Autism association.

Teething

Every baby at some point will go through the important milestone of getting their baby teeth. For some infants it can be a very painful and upsetting experience. For others, the process won't even phase them. An infant's first tooth can appear between 3 to 12 months, with 7 months being around the average. Infants can even show signs of teething for a few months prior to even having their first tooth appear. Signs of teething are as follows:

- Drooling, that can develop a rash on the skin
- Gnawing or Biting
- Crying or Irritability
- Fasting (or not hungry)
- Waking up in the night more than usual
- Red cheeks
- Running a low grade fever less than 101 degrees
- Runny stools or diarrhea
- Coughing from the drool

Not to worry, overall your baby is going through a normal process, that most, if not all of the signs will disappear eventually. It's not to be forgotten when then next tooth wants to make its grand entrance. Nonetheless, as parents we want to be able to aid our infant in getting through the discomfort. There are many remedies to help combat the discomfort.



Natural Alternatives to Try — Teething

- **Frozen items:** frozen teething rings, rub an ice cube along baby's gums, frozen breast milk, frozen juice slushy, cold spoons, frozen bananas or blueberries (granted the infant can eat solids), frozen chamomile tea to calm while helping with pain. There are very nice mesh bags/feeders with handles to help keep the frozen items in one place while being effective with cooling the infants gums. Dipping washcloths in chamomile tea and freezing is another option to try.
- **Wooden items:** because it's a natural product you won't have to worry about baby getting unnecessary toxins while they're gnawing away. Various websites have wooden teething items, including beautiful jewelry, that are very accommodating for the infants. Wooden spoons from your kitchen are always a good stand-by and food safe.
- **Homeopathics,** Hyland's teething tablets or gel. This worked great for my boys. The homeopathic remedy can help take the edge off pain and inflammation. The tablets easily dissolve and so there is no concern with the giving them to an infant.
- **Necklaces (teething necklaces)** made from amber have been shown to have high levels of succinic acid which can help to reduce inflammation of the throat, ears and stomach. Parents who have bought these special necklaces swear by their effectiveness. The infant or child simply wears the necklace (does not chew on them) and the amber in the necklace goes to work on helping the immune system due to the properties found in the Amber. The necklaces usually range in price of around \$20 and can be purchased online.
- **Essential aromatherapy** oils have been known to help with teething pain. Rubbing Copaiba Oil (found at www.youngliving.com/fschumann) directly on the gums helps to decrease pain almost immediately for the infant. Copaiba oil has the highest analgesic and anti-inflammatory properties of any natural substance with out numbing the area it's applied to. Infants and toddlers appreciate this but the numbing sensation can be confusing to their little nervous systems and cause them to cry from the numbing sensation more than the pain of the tooth. Clove is another option but can at times be a tad spicy for the baby, but many mothers swear by it's effectiveness.
- Many times a child can present with an ear infection that is actually caused by the teething cycle. Be careful to not over medicate your child with anti-biotics as it will lead to many other various issues down the road by damaging the good flora in their digestive tracks. We've already seen a common occurrence with most of the children's ailments in this book when there is a lack of good or "friendly" bacteria.



Thrush/Yeast Infections/Severe Diaper Rashes

Thrush is a yeast infection (*Candida Albicans*) that causes white patches in the mouth and on the tongue (can look like cottage cheese in the mouth). It can also appear through diaper rashes. In babies, thrush can occur because babies' immune systems are not yet strong enough to control the growth of the yeast, or their digestive systems are not developed with proper flora that is strong enough to keep the yeast away. Typically if infants are put on antibiotics because of bacterial infections from colds or ear infections all of the good and bad bacteria in the digestive tract are killed, thus giving yeast organisms an opportunity to grow. It is essential to have proper gut flora developed in babies and adults, especially mothers as good bacteria is to be passed to infants through the birth canal, nursing and through mom's mouth (when kisses are given). Also, if the infant is having a hard time with their digestion regulating it is important to have their bodies checked to make sure there are no issues with organ function. Also, mother and baby can pass yeast infections back and forth, so mom has to keep herself healthy with her digestive tract as well as well as any yeast that is living on the nipple (if mom is breast feeding). Common symptoms of yeast infection on the nipple:

- sore nipples
- red or pink nipples
- itchy or burning nipples, even when not feeding baby
- puffy, dry, or flaky nipples
- deep, shooting breast pain during or after feedings

It is important to note that long term yeast infections can lead to food allergies or intolerances and environmental sensitivities via a mechanism called "Leaky Gut Syndrome" see page 16.



Natural Alternatives to Try—Yeast Issues

- **Correcting structural dysfunction through chiropractic care.** A trained chiropractor can feel for fascial restrictions or adhesions and spinal misalignments that can cause digestive issues. Delayed digestion can cause various issues including yeast infections.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a chiropractic physician) or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy). Mom should also consume a powerful probiotic as well to ensure less chances of yeast or bad bacteria being passed onto baby.
- **Mom should eliminate foods** that can cause yeast to thrive such as: sugar, dairy, gluten (non gluten grains that can be eaten: brown rice, quinoa, millet, amaranth), and high carbohydrate foods. Consume foods with good bacteria such as yogurt, keifer (dairy if it's an issue), Kombucha tea (can be found in many flavors at any health food store). An acidic diet helps yeast to thrive. Consuming a more alkalizing diet can combat the environment that yeast loves to grow in. Adding lemons or limes or Young Living Lemon or Lime oil to water and/or foods can help reach an alkaline pH. Large amounts of sugar and over consumption of grains can encourage yeast overgrowth as yeast loves sugar. Side note about grains, because they are genetically modified so much and can be high in carbohydrates. Your body can then have to deal with too much sugar long term. Not good.
- **Try gentian violet** which is a dye that kills bacteria and fungi. Try a 0.25 - 0.5 percent solution of gentian violet applied to your nipples twice a day for three days. Gentian violet is effective, but messy. Also, apply a small amount once a day to baby's mouth, but be aware that overuse of gentian violet may irritate the sensitive oral mucus membranes of baby's mouth. Apply coconut oil to baby's lips before using the gentian violet to avoid purple stains.
- **Adding coconut oil** to mother's diet or nipples when feeding can keep yeast organisms away. The caprylic acid in coconut oil kills Candida. You can also consume higher concentrations of caprylic acid through the supplement Caprylic oil (found at our clinic). This supplement is great for managing intestinal dysbiosis (kills the bad stuff naturally).
- **A wonderful cream** for diaper rashes can be made from 1/2 cup coconut oil, 3 capsules of probiotics, 1 drop of chamomile oil., 1 drop of lavender, 1 drop of sandalwood, or 1 drop of lemon eucalyptus. Apply every time you change a diaper to prevent and help yeast/diaper rashes. If you do not have all of the oils you can still make an effective cream with coconut oil and probiotics.
- **Garlic is a great blood cleanser** and an effective antibiotic, take internally to help with mother's systemic yeast issues. Other internal supplements that are helpful can be grapefruit seed extract, it is a powerful antifungal, antibacterial, antiparasitic, and antiviral supplement.

Urinary Tract Infections

UTI's or Urinary Tract Infections tend to be more common in girls than boys due to the structural differences of the urethra. Infections overall are an overgrowth of bad bacteria or yeasts. Having an imbalance of bad bacteria to good bacteria can cause infections to occur more frequently than not. Good "flora" is needed through out the entire body especially in the genital region, because of this UTI's can occur very easily. Typically the treatment for UTI's is antibiotics. Antibiotics are helpful for killing all bad bacteria as well as good bacteria. If sufficient amounts of good flora are not replenished a vicious cycle of infections in the urethra and bladder can occur. In addition, when there is lack of good flora, yeast organisms "Candida Albicans" can start to grow and cause yeast infections or severe rashes in the genital or buttock region, thus adding to an uncomfortable situation.



Natural Alternatives to Try — UTI's

- **Correcting structural dysfunction** that can impede the nerve communication that helps to control the urinary tract/bladder function can be obtained through chiropractic treatments. In addition, being under chiropractic care can accelerate the body's natural ability to heal itself.
- **Eliminate mucous forming foods** such as dairy, gluten, sugar. You can also get a food sensitivity test that specifically tests Immunoglobulin G (IgG) or Immunoglobulin A (IgA) response levels. This specific test is available through Cyrex Labs.
- **Reduce foods** that cause the body to be in an acidic form. Consuming foods that are more alkalizing make a big difference for controlling the environment for overall good health and flora in the urinary tract region. Foods like cruciferous vegetables (broccoli, cauliflower, cabbage, kale, radishes, brussel sprouts) are very beneficial for killing bad bacteria while enhancing an alkalizing environment. You can juice or use the nutribullet system for the vegetables to make it easier for picky eaters to consume.
- **Increase probiotics** (good bacteria) via supplement form to a therapeutic dose (ask a chiropractic physician) or include it in the diet as a daily essential supplement. Infants can consume probiotic powder through bottles, or by mother placing powder on the nipples, pacifier or on a finger and having the baby consume orally. For older children you can put the probiotic powder in soft foods (most probiotics are tasteless and mix easy).
- **Consume foods** with good bacteria such as keifer (dairy free preferably), Kombucha tea (can be found in many flavors at any health food store), Grass fed Amasi drink found through the Youngevity company. There are many online resources to make your own various fermented foods and taste quite delicious.
- **A wonderful cream** for yeast rashes can be made from 1/2 cup Coconut oil, 3 capsules of probiotics, 1 drop of chamomile oil., 1 drop of lavender, 1 drop of sandalwood, or 1 drop of lemon eucalyptus. Apply every time you change a diaper or underwear to prevent and help yeast/diaper rashes. If you cannot find all of the oils you can still make an effective cream with coconut oil and probiotics.
- **See Yeast Infections**, page 28, for more options to help with yeast infections that occur from being treated for UTI's.

The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease.

- Thomas Edison



Dr. Faith Schumann

Dr. Faith Schumann uses a "whole person approach" and is committed to promoting the health and well being of her patients. Her specialties include treating women and children with an emphasis in pre and post natal care, ADHD, Autism, Speech Disorders, Learning Disorders, Sensory processing issues, and any other children who's parents want their children to have an advantage with health and their future.

Dr. Schumann is licensed by the Minnesota Board of Chiropractic examiners and registered to perform acupuncture and the Webster pregnancy technique. She practices in Maple Grove, MN at Revolution Chiropractic Wellness Center. [Www.Revolution-Chiropractic.com](http://www.Revolution-Chiropractic.com)

Dr. Faith Schumann lives in Champlin, MN with her husband Erik and her two sons, Noah and Isaac. She enjoys photography, scrapbooking, volleyball, golf, tennis and most of all being a mommy.

