



NATURAL OPTIONS TO TREAT INFECTIONS

Try to start these herbs and supplements at the first sign of infection in your child.

1. **Garlic** - Garlic supplies powerful antiviral and antibacterial properties.
 - Clove or Kyolic
 - Dosage: One/day
 - Take with meals
2. **Vitamin C**
 - Ester-C or Buffered form
 - Follow directions on bottle for child's weight to maximum of 1000mg per year of age through age 5. Divide into 3-4 doses per day
 - Start with small amount. If you are giving too much, your child may have cramping and diarrhea
3. **Echinacea**-
 - Follow directions on bottle for child's weight.
 - Discontinue after two weeks. Works best when given intermittently, not continuously throughout the winter. If you have chronic infections, you may want to cycle echinacea, 2 weeks on, 1 week off
 - Do **NOT** use with goldenseal
 - Echinacea and Elderberry is often sold together and is an excellent immune booster
4. **Zinc** - Follow directions on bottle for child's weight
5. **Carrot juice** - Drink 4 ounces daily or at least every other day. The best juicers for home made vegetable juice are Vitamix, Champion, Acme and Omega.
6. May add astragalus for congestion
7. If you miss the early signs of an infection, start this procedure as soon as possible to give the immune system an extra boost.
8. See your primary physician if your child develops a fever or worsening symptoms. If he/she is placed on an antibiotic, double probiotic dose until 1 week after finishing antibiotic (probiotic and antibiotic need to be at least 2 hours away from each other).

The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.