

Immunity in Children through the Winter

Children's immune systems are constantly developing and maturing and they build up their adaptive immune system all the time as they encounter new bugs. It is always on high alert, so it is especially important to your child at the change of season. They can take a turn very quickly, one minute they're fine, the next they're suddenly very lethargic and running a fever. And they may recover just as quickly. That is a developing immune system at its finest! Being able to successfully fight infections in childhood is essential for a healthy immune system later in life and children need these respiratory viruses for their immune systems to strengthen. In 2012 the NZ medicines agency Medsafe recommended that pharmaceutical cough and cold medications were not safe in children under the age of 6 years.

So Plant Medicines are therefore the only option! But children need a different dosage than adults, it is better to give them smaller doses more frequently (rather than large doses once or twice a day) and as a preventative too during the winter months and at school and day care.

Some of our favourite immune system herbs to use with children are :

Echinacea root (*Echinacea purpurea*), for preventing and treating infections and reducing severity and duration of colds and flus, it helps to increase the number and activity of immune system cells.

Elderflower & Elderberry (*Sambucus nigra*) traditional antiviral, immunity herb, the flowers support sniffles and fevers and relaxation too and the berries are high in Vitamin C and antioxidants.

Pelargonium (*pelargonium sidoides*) anti bacterial and antiviral herb for all respiratory and immunity conditions, sore throats, colds, coughs, sinus, tonsillitis, ear ache, bronchial asthma.

Thyme (*Thymus vulgaris*): A powerful natural infection-fighter! the essential oils fight bacterial, viral and fungal infections. It is great for coughs and helps to bring up sticky phlegm

Licorice (*Glycyrrhiza glabra*): a soothing, sweet taste for a sore throat and cough. an effective antiviral medicine and helps the body adapt better to stress.

Marshmallow root (*Althaea officinalis*): to relieve dry, unproductive coughs and bronchitis and is soothing for a sore throat.

Californian Poppy (*Eschscholzia californica*): to help relax children. It enhances sleep by reducing pain and restlessness. This is especially helpful when little ones are feeling unwell.

Herbal teas for a fever



Having a fever is a good indication that the body's immune system is taking action. Reducing a normal fever with medications can actually be counterproductive and may increase a cold or virus's duration. Herbal teas are a wonderful way to support and reduce a fever naturally.

To decrease chills and increase perspiration (which will shorten the duration and intensity of the fever) try a tea with any of the following ingredients (in equal parts):

Elderflower, Yarrow, and Catnip to open the pores and increase sweating, lemon balm and chamomile calm the child and promote sleep, and peppermint or spearmint for their digestive properties and pleasant tastes. Or try our Organic Cornucopia herbal tea blend for fever support.

For a child over 2 years of age ½ cup of tea can be given at least four times daily. Serve warm or hot with a bit of honey if needed and sip regularly to keep your child well hydrated.

Snippets and Info

- Our shop is certified organic with Biogro
- We have a customer car park at the rear of our shop in case you didn't know!
- Check out our ever expanding Bulk Refill Area.
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support
 - Check out our Book Exchange & do drop any unwanted books in for others to enjoy!
 - We have a customer feedback box at the counter. Your feedback is important to us.
- Bring your empty containers for refilling & leave them with us to refill & pick up later if you are short of time



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