

KEEPING HEALTHY THROUGH

*cold & flu season*



*Kay Corpus MD*



COLD & FLU TIPS

# TRUE MEANING OF ILLNESS

When I first understood the true meaning of illness and fever in children, I stopped freaking out every time my kids got sick. As you'll read from anthroposophical doctor, Philip Incao, M.D, ever childhood fever, rash, ear infection, and sore throat is a healing crisis and a cleansing process, a strong effort by the human spirit to remodel the body so it can be a more suitable dwelling...

"When fear gains the upper hand, clear vision and judgment go out the window. If we can master our fear and sit calmly and reassuringly with our children when they are ill, observing them carefully, there is much we can learn. We may find that our fear gives way to a healthy respect and a glimmer of understanding for the change emerging in our child through the ebb and flow of its fever.

## CONTINUED...

In every fever and inflammation, forces of body, soul and spirit are working to bring to birth a new order and a new balance. Many mothers have told me of their child's developmental leap in emotional and neurological maturity after working through a feverish illness. Like any birthing process, we need to be alert and discerning to see that the inflammation unfolds in a healthy way, and to know when to call for expert help. This knowledge and discernment can be learned through experience, and the experience is well worth it.

Often children themselves have an intuitive understanding of what they are experiencing as they work through a feverish inflammatory illness, and occasionally they express it. One five-year old patient of mine said to his concerned mother at the peak of his illness, 'Don't worry Mom, I'm just growing!'"

# AT HOME REMEDIES

## PEPPERMINT COMPRESS

Nice for headaches and congestion.

Materials: 1 large bowl 1 cup peppermint leaves 1 quart water ice cubes

1. Place peppermint in a large bowl and pour boiling water over peppermint
2. Steep 10 minutes
3. Strain
4. Cool
5. Add ice cubes
6. Have patient recline
7. Place cloth in peppermint tea and apply to forehead
8. Change frequently.

Variation: Soak a washcloth in cold water. Ring it out and fold into a rectangle. Sprinkle few drops of diluted peppermint oil on the compress.

Sit down and relax. Let your head and neck hang forward. Place the cold compress on the back of your neck. Relax for 10 minutes.

# AT HOME REMEDIES



## EUCALYPTUS CHEST RUB

For cough and congestion.

Add 20 drops of eucalyptus (may also use hyssop, thyme, peppermint, or basil) to 2 ounce of almond or olive oil. Rub on the chest.

## SINUS RUB

Warm compress to sinuses and then add eucalyptus oil (in a carrier oil like olive oil).

# AT HOME REMEDIES

## MUSTARD PACK

Will stimulate the lungs to loosen up a tight chest and dry cough.

1. Add 1-2 TBSPs of dry mustard to 1 cup of flour in a small bowl. Mix together.
2. Add hot water, enough to make a paste.
3. Spread paste over a thin cloth or cheese cloth and place another cloth on top, making a mustard sandwich. An old t-shirt or a towel will work.
4. Apply a light layer of olive oil to chest.
5. Place the cloth over the oiled chest and cover with a sheet of plastic wrap.
6. Place a hot water bottle or hot gel pack or heating pad on top.

Options: You may also try onions, carrots, turnips, or fresh grated horseradish instead of the mustard paste.

NOTE: Do not leave on longer than 10 minutes for a child or 15-20 minutes for an adult. Be aware of irritation to the skin. Check every 3-5 minutes. Remove if you experience pain or the skin is glowing red. Avoid sensitive areas including the nipples, genitals, face, and eyes.

# AT HOME REMEDIES

## STEAM INHALATION TREATMENTS

Herbal steams are used to deliver the medicinal qualities of the herbs to the upper respiratory system, warming and decongesting mucus membranes of the nose, sinus, and throat and are helpful to calm coughs.

1. Boil a pot of water and remove the pot from the stove.
2. Keep the lid on the pot to keep the water warm.
3. Add a small handful of chamomilla flowers and 4-5 drops of eucalyptus oil into the pot.
4. Quickly drape a towel over the child's head and pot so the child can inhale the steam.
5. Have the child inhale through the nose and exhale through the mouth for 5 to 10 minutes.
6. For acute treatment, can be done 2-4 times a day.

Note: Do not use this technique with children under 4 years of age to avoid burning.

# AT HOME REMEDIES

## STEAM INHALATION TREATMENTS CONTINUED....

Variations:

1. You may use a steam vaporizer (not humidifier) instead of the pot of water. Place 5-10 drops of eucalyptus oil in the machine's well. Position the child's head close to the steam (about 2 feet away). You can run the vaporizer in the room while they sleep.

2. Also, while giving them a warm bath, steam up the bathroom. Turn the bathroom exhaust switch off. Fill the sink with warm/hot water and place several drops of essential oil to infuse the bathroom.

3. Can diffuse eucalyptus in asalt rock diffuser.

# AT HOME REMEDIES

## LEMON CALF WRAPS

Compresses with lemon juice on the lower legs and feet are great to help lower fevers. The excessive heat of the head must be conducted to the legs. The following treatment can be quite effective:

1. Get or make 2 strips of an old sheet, about 2-3 inches wide, and long as an ace bandage. Roll up.
2. Take a small bowl of lukewarm water, and place half a lemon in it. Holding it under water, score it with a knife.
3. Then squeeze it out under the water (you can press it down with a jar); place rolled cloth strips in water.
4. Take out and wring them out hard without unrolling.
5. Have child in bed with light coverings; place towel under calves and feet. Unroll cloths quickly onto feet and legs, rolling them firmly but not tightly like an ace bandage onto feet and calves.
6. Cover quickly with towel and sheet/light cover. Child rests (story, song, or sleep). For small children, you can cover the wraps with socks.
7. Cloths are removed when dry or 20 minutes.
8. Do not use if feet are cold, only if child is hot and feet are warm.

# AT HOME REMEDIES

## LEMON CALF WRAPS CONTINUED...

Variations:

1. Simply fill a bowl with warm water, cut and squeeze lemon in bowl as above. Allow child to soak feet in bowl.
2. Wet T-shirt/Wet socks: wet sock/t-shirt and put in freezer. Take a bath then put on the cold socks/t-shirt. Layer on more socks/t-shirts and then cover well at night.

# AT HOME REMEDIES

## ONION POULTICE

An onion compress can be used in cases of ear pain and infections. Relieves congestion. Do not use if ear is draining fluid. Do not place anything in the ear.

1. Slice onion, wrap in gauze.
2. Warm on hot water bottle, apply over ear and hold in place with hat or headband, keep on for 4-6 hours or till pain is relieved.

Variation: Chop one yellow onion coarsely. Place in a saucepan and enough water to just cover. Bring to boil, then shut off heat, cover, and let stand 10-15 minutes. Remove onion pieces and soak washcloth in the hot juice. Place hot washcloth over the painful ear. The juice may be reheated and will stay effective for an entire day. Apply as often as is needed.

# AT HOME REMEDIES

## ARROZ CALDO

I remembered my mom's tried and true Filipino dish she would always make when we were sick as kids~ Arroz Caldo. Somehow the smell, the taste, and the love always made things better. It makes sense that it works as it's full of anti-microbial foods (garlic, onions, coconut oil) as well as gut healing essentials (broth, ginger and fermented fish sauce).

Serves 4

- 1 tablespoon coconut oil
- 3 cloves garlic, smashed and peeled
- 1 inch knob ginger, peeled and sliced into 3-4 pieces
- 1 medium onion, sliced
- 1 cup rice (arborio, basmati, sprouted brown)
- 1.5kg (~3lbs) chicken thigh, drumstick, or whole chicken, chopped. It's important to cook with the bones- for maximum flavour and so the nutrients of the bone can seep into the broth. Use free range, organic, local from a trusted source.
- 4-6 cups homemade chicken or beef bone broth
- 4-6 drops of fermented fish sauce, to taste

# AT HOME REMEDIES

## ARROZ CALDO CONTINUED...

Garnish: lime (traditionally kalamansi), browned garlic, chives or green onion/eshallots)

Heat coconut oil over medium heat in a heavy stockpot.

Sauté garlic, ginger and onion until translucent. Add chicken and brown, 7-10 minutes. Add rice and stir to combine. Pour in broth, cover, lower heat, and allow to simmer 20-25 minutes. Add fish sauce to taste. Place in bowls and top with garnishes.

From Chef Virgini Corpus Mcdermott

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

Although most GI bugs or “stomach flu’s” last for only 24-48 hours, it can be one of the most daunting experiences.

Always alarming news when our children become ill because of it’s highly contagious potential where the whole family could be affected quite rapidly. So, the question from my patients becomes, “How do I treat this now and prevent it from spreading to everyone in the household?”

The majority of gastroenteritis cases are viral in origin resulting in watery diarrhea, nausea, vomiting, fever, and abdominal pain. Generally, this usually resolves on it’s own without overt treatment with antibiotics. The most important issue is hydration with fluids and electrolytes as well as symptom relief. The typical treatments may include Gatorade, Pedialyte, or other sugary drinks. In theory, these products maybe easily absorbed, but contain ingredients that may be harmful to the body.

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

Take a look at what Strawberry Pedialyte contains (from their website):

“Water, Dextrose (usually made from genetically modified corn unless organic). Less than 2% of the Following: Citric Acid, Potassium Citrate, Salt, Artificial Flavor, Sodium Citrate, Sucralose (Splenda), Acesulfame Potassium, Zinc Gluconate, Red 40, and Blue 1 (dyes).”

And Original Thirst Quencher Gatorade (from their website):

“WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, SUCROSE ACETATE ISOBUTYRATE, GLYCEROL ESTER OF ROSIN, YELLOW 6, GUM ARABIC, SUCROSE ACETATE ISOBUTYRATE, GLYCEROL ESTER OF ROSIN, YELLOW “

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

There are other more natural options to hydrate the body AND heal the gut. Here are some suggestions:

1. Homemade broths- are amazing at healing the gut as well as providing much needed nutrients. Here's a quick recipe from Chef Virginia McDermott (my natural foods chef sister at [www.kitchenvitality.com](http://www.kitchenvitality.com)):

"Bone broths- leg and neck bones of organic, grass-fed/ grass-finished beef, roasted 45 minutes at 375F/180C. Cooked in slow cooker for 24 hours, covered in filtered water and 1-2 tablespoons apple cider vinegar. Chicken broth cooked the same way but with a couple of roasted chicken carcasses, thyme and parsley. Broth should be gelatinous when refrigerated. Heat before serving (my kids drink it with dinner), and cook grains and sauté veggies with broth. Broths can also be stored in the freezer."

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

2. Coconut water-contains needed electrolytes like potassium and magnesium. You want the water from young green coconuts, not the brown hairy ones. Of course, fresh off the tree is best, but not really possible from where we live. Health food stores or some Asian food stores may carry the actual coconuts or have a frozen raw version. Beware of coconut water in the tetra paks which are readily available in most grocery stores. They are pasteurized and dead. They may also contain preservatives to keep its shelf life. Two brands that are raw: Exotic Superfoods and Harmless Harvest are available online. Body Ecology's Cocobiotic is a fermented coconut water or coconut kefir. I've seen this at Whole Foods and on-line. I used to make this regularly. Using a clever and mallet to break open the coconuts is quite therapeutic, may I add! Here's the recipe:  
[http://bodyecology.com/articles/mcoconutkefir.php#.U\\_kUSEj1N8w](http://bodyecology.com/articles/mcoconutkefir.php#.U_kUSEj1N8w)
3. Ginger-tea bag or grate fresh ginger and place in hot water. It's anti-inflammatory in nature and helpful for nausea and abdominal pain.

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

4. Peppermint-tea bag or as an essential oil (always mixed in a carrier oil like coconut, jojobo, or almond oil) then rubbed on the belly. It's great for soothing the gut.

5. Chamomile-I love the remedy by Uriel Homeopathic Pharmacy called Chamomilla. It has chamomile which also helps to sooth the gut as well as calm the hyperactivity of the intestines causing loose stools:

<http://shop.urielpharmacy.com/chamomilla-cramp-relief-pellets-p640.aspx>. Chamomile tea would work as well.

6. Probiotics-can be taken as a supplement. For the acute phase, holistic physician Dr. Mercola recommends taking super high doses-as in the whole bottle within 24 hours or 1/8 of the bottle every hour. Usually the symptoms resolve within 4 hours. Most kids will not be able to swallow that many so try to give them what they can tolerate. (Tip:It's also a good recommendation to carry probiotics with you while traveling to help treat travelers' diarrhea.)

# AT HOME REMEDIES

## NATURAL CURES FOR GI BUG

If there is potential stomach flu exposure, start taking them now as a preventative measure. I like the over the counter brand Florastor which contains *S. boulardii*. A 2007 study from Journal of International Medical Research “confirmed the efficacy of *S. boulardii* in pediatric acute gastroenteritis and the findings suggest that *S. boulardii* treatment enhances the immune response.” It is in powder form to be mixed in a liquid, so easy to take. You may even ingest probiotics in the form of cultured foods as well (or it's juices if better tolerated for kids). Check out <http://www.culturedfoodlife.com> for more information.

These recommendations are for mild to moderate cases of gastroenteritis. If after trying them for 24-48 hours or sooner if moderate to severe dehydration, please seek a health care provider for further work-up and management.

The best thing is to be prepared in the event of a (another) GI bug breakout. You may want to stock some of the teas, essential oils or remedies in your medicine cabinet just in case. Also, know that illness and symptoms come about because of a lowered immune system and/or increased inflammation. Even though illness is around you, doesn't mean you have to get sick.