



A Parent's Guide to Childhood Symptoms



CONTENTS

| | |
|--|---|
| The Truth About Symptoms | 1 |
| The Truth About Healing | 1 |
| The Truth About Childhood Illnesses | 1 |
| Helping Your Child’s Body Adapt | 2 |
| When to Seek Medical Care Immediately | 3 |
| What to Do When Non-Emergency Symptoms Begin | 4 |
| Fever Information | 4 |
| Cough Information..... | 5 |
| Ear Pain Information..... | 5 |
| Vomiting / Diarrhea Information | 6 |
| Resources | 1 |

THE TRUTH ABOUT SYMPTOMS

First of all, most people believe that symptoms are bad and should suppressed. However, symptoms are a signal that your body is attempting to adapt to its environment.

THE TRUTH ABOUT HEALING

The human body is self-healing and self-regulating. Think about what happens if you go outside in cold temperatures without warm clothing—you start to shiver and your teeth begin to chatter. That’s your body’s way of trying to achieve homeostasis. Homeostasis is the tendency of the body to seek and maintain a condition of balance or equilibrium within its internal environment, even when faced with external changes. The act of shivering helps to increase your body temperature. Think about the opposite. What happens when you get too hot? You begin to perspire. Again, that’s your body’s way of trying to achieve homeostasis. The act of perspiring helps to decrease your body temperature. Pretty smart, huh? It’s so smart, that it’s called innate intelligence.

THE TRUTH ABOUT CHILDHOOD ILLNESSES

Most people don’t realize that childhood illnesses actually serve a purpose. They enable the proper development of a child’s immune system. So, before you reach for over-the-counter medications, antibiotics, drugs, or vaccines, consider that there is increasing evidence that acute diseases in childhood

actually protect the body from chronic disease including cancer, asthma, certain skin conditions and auto-immune disorders.

“One of the best ways to ensure your children’s health is to allow them to get sick. At first hearing, this concept may sound outrageous. Yet standard childhood illnesses, such as measles, mumps, and even whooping cough, may be of key benefit to a child’s developing immune system and it may be inadvisable to suppress these illnesses with immunizations. Evidence is also accumulating that routine childhood vaccinations may directly contribute to the emergence of chronic problems such as eczema, ear infections, asthma, and bowel inflammations.”—Philip Incao, M.D.

“There is no need to protect children from contracting infectious diseases of childhood. These diseases are there to prime and mature their immune system.”—Viera Scheibner, Ph.D.

“Acute illness—manifesting as diarrhea, runny nose, vomiting, headache, and so forth—is actually good for your child. Managed properly, acute illness can give your child more vitality and prevent chronic illness—which is not good for your child.”—Weston A. Price Foundation

HELPING YOUR CHILD’S BODY ADAPT

There are 5 basic keys of health that enable your child’s body to easily adapt to its environment, maintain proper function and naturally boost immunity. Coincidentally, these keys also apply to adults.

1 Maintain a nervous system free of interference. The nervous system is the communication system of the body. It controls every function, so it is imperative that the nerve impulses flow freely from the brain, down the spine, and throughout the nervous system to every cell, organ and tissue of the body.

Life’s physical, emotional and chemical stresses can create interference to the normal functioning of the nervous system, especially in the spine. It’s critical to have regular chiropractic checkups to restore the brain-body connection that allows for natural healing and optimal function.

2 Proper nutrition. A healthy diet rich in a rainbow of organic vegetables and fruits provides a wide variety of phytonutrients. Healthy fat sources include raw nuts, seeds, avocados and olives. Healthy protein sources include organic poultry, grass-fed beef or wild game, wild-caught fish or seafood, organic eggs and legumes.

Of course, proper hydration is also a necessity. A good starting point is to drink the number of ounces of water that is equal to half your body weight. So, a 60 pound child would drink 30 ounces of water each day. Make sure to add more water for warm weather or increased physical activity. Water should be free of chlorine which destroys healthy gut flora.

3 Adequate rest. Your body requires rest. Ninety percent of your body’s rebuilding and repair happens when you are sleeping. Furthermore, your immune system recharges and maintains itself during sleep, helping you get and stay as healthy as possible. Proper rest helps maintain mental health as well.

Children need considerably more sleep than adults. Babies need 16-20 hours, elementary students need 12 hours, and teenagers still need 9-10 hours of sleep.

4 Take the right supplements. It's virtually impossible to get enough sunlight year-round in Michigan for your body to produce enough vitamin D naturally. That's why it's critical to take D3 supplements in order to boost immune function.

Omega-3 Fatty Acids are essential for the proper function of the heart, the brain, nervous system and every other cell, tissue, organ and gland in the body. In children, Omega-3 deficiencies cause development, learning and behavioral problems such as ADHD. It also can cause vision, digestive and skin disorders. Make sure to use only high-quality purified fish oil that is free of mercury.

In addition, if you're not getting 7-10 servings every day of a rainbow variety of fruits and vegetables, make sure to take a whole food antioxidant supplement.

5 Positively manage stress. Emotional stress like fear, worry, anxiety, etc. can take a toll on health. Help your children to cope with stress from school, friends and family in a positive way, such as physical activity, meditation, relaxation exercises, taking a walk in nature, prayer, yoga, etc. Practice counting blessings together.

WHEN TO SEEK MEDICAL CARE IMMEDIATELY*

Anytime your child is NOT:

- Alert
- Able to be aroused
- Able to be woken up
- Drinking fluids (urine should be clear to pale yellow)
- Able to make eye contact
- Able to hold his/her head up
- Able to speak
- Responsive
- Interactive
- Consolable
- Breathing comfortably

If your child is less than 3 months old and has a fever, please go to the nearest emergency room.

If your child has a fever and a rash of little dots under the skin, please go to the nearest emergency room.

If your child has a fever, neck pain and light is bothering him/her, please go to the nearest emergency room.

If your child has a fever, along with urinary complaints, swollen joints, inability to walk, or other complaints that concern you, please seek immediate medical attention.

If along with your child's cough, your child is having difficulty breathing, is breathing rapidly, is wheezing, has a mental status change (see previous list), or is an infant below 4 months of age with a cough, please seek immediate medical attention.

*Source: Lawrence B. Palevsky, M.D. (http://drpalevsky.com/general_guidance.asp#pediatric_checklist)

WHAT TO DO WHEN NON-EMERGENCY SYMPTOMS BEGIN

- Take your child to the chiropractor to get her/his spine checked for interference to the normal functioning of the nervous system. Gentle chiropractic adjustments can improve immune function and speed healing.
- Create a quiet, calm, peaceful atmosphere and encourage your child to rest more to facilitate healing.
- Provide plenty of fluids (water, herbal tea, broth, breast milk).
- Encourage them to listen to their body's signals. If they're not hungry, don't force them to eat. When children are not feeling well, their digestive systems slow down.
- Avoid sugar (including juice) and dairy products, as they interfere with the healing process.

FEVER INFORMATION

Fever is part of the body's natural adaptive responses to achieve homeostasis. The body's temperature becomes elevated so that invading organisms cannot survive. If you try to lower the fever, you are sabotaging your child's innate healing responses, both now and for the future.

Repeated forced reduction of childhood fever has been linked to childhood cancer. In addition, eliminating fever will usually cause a secondary infection, because it suppresses the immune system. Fever plays an important role in your child's overall wellbeing.

Normally, the human body is able to remove toxins without an elevated body temperature via urination, elimination, breathing, sweating, and sleep. However, fever occurs when the immune system becomes overloaded due to poor nutrition, lack of sleep or other physical, chemical and emotional stress. Fever then forces us to stop and rebalance.

Read "What to Do When Non-Emergency Symptoms Begin." In addition, several warm baths each day will help your child sweat. Adding Epsom salts, baking soda, hydrogen peroxide or essential oils in the bath can help your child feel more comfortable.

Both over-the-counter and prescription medications contain toxins that add to the body's stress load by depleting their glutathione stores, which are critical to your child's immune system. Remember that every medication carries warnings of dangerous side effects, so it's much safer to utilize natural remedies to keep your children comfortable while they heal vitalistically.

COUGH INFORMATION

Coughing is one of the body's innate adaptative responses to remove toxins, irritants or waste materials through the airway. Our bodies protect the mucus membranes of our mouth, nose, sinuses, throat, etc. by producing mucus. The mucus captures irritants before they enter the bloodstream.

One of the best ways to promote healing is to thin the mucus. This is done by keeping your child well-hydrated (read "What to Do When Non-Emergency Symptoms Begin"). If your child is at least 5 years old, try using a neti pot with non-iodized salt and water a few times a day to help drain the sinus.

Relaxing in a steaming shower or a chest massage with a natural eucalyptus balm can also be helpful.

While both over-the-counter and prescription medications contain toxins that add to the body's stress load (not to mention dangerous side effects), there are plenty of natural remedies that support the body's innate healing capabilities. Check your local health food store for natural herbal options for both wet or dry coughs that are appropriate for your child's age.

EAR PAIN INFORMATION

Pain, redness and fluid accumulation in the ear commonly arise when children have a cold. These symptoms are evidence of inflammation in their ear canals, adenoids, sinuses and noses. Inflammation is another one of the body's innate adaptative responses.

There are multiple study reviews showing that antibiotics are NOT appropriate for ear infections (Coker, T.R. Journal of the American Medical Association, Nov. 17, 2010; vol 304: pp 2161-2169 and American Academy of Pediatrics and American Academy of Family Physicians: "Diagnosis and Management of Acute Otitis Media").

There are also many research studies on relief from ear infections through chiropractic care:

<http://icpa4kids.org/Chiropractic-Research/Ear-Infection-Otitis-Media/>.

Keep in mind that both over-the-counter and prescription medications contain toxins that add to the body's stress load (not to mention dangerous side effects). However, in addition to the steps outlined in "What to Do When Non-Emergency Symptoms Begin," here are some natural remedies:

- A warm bag of buckwheat hulls on the ear can provide soothing pain relief. Just put it in the microwave next to ½ cup of water for 1-2 minutes (make sure it does not become too hot).
- Drops of olive oil infused with Mullein, garlic and St. John's Wort can relieve pain—there are many ready-made versions of ear oil available at your local health food store.
- Ear candling helps to dry out moisture and can also help.

VOMITING / DIARRHEA INFORMATION

Vomiting and diarrhea are part of the body's natural adaptative responses to achieve homeostasis by flushing out toxins.

In addition to the steps outlined in "What to Do When Non-Emergency Symptoms Begin," you will want to stop your child's regular diet and focus on hydration. Try small amounts of liquid on a frequent basis, rather than a large amount every few hours.

Once the symptoms have subsided, go slowly reintroducing soft foods, like soup or rice.

RESOURCES

For additional information, please contact:



Northwoods Family Chiropractic
337 Superior Ave
Crystal Falls, MI 49920

202 W Adams St
Iron River, MI 49935

Crystal Falls Office: (906)874-0111
Iron River Office: (906)265-9000