

Back to School Without Back to Sickness

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Kids are going to get sick far more frequently than adults simply due to their immune systems learning about numerous new germs. But if your kiddo gets sick more often than other kids do you might want to think about ways you can support them getting better faster. It is important that we do get sick from time to time to challenge our immune system and “teach” it how to respond and not freak out over every little thing. The point is, you can’t run from germs and there’s really no need to, especially when your immune system is healthy. We will address attending to your child’s diet, nutrition, lifestyle, environment, structure and emotional health.

SNOTTY NOSES, COUGHING AND BOOGIES

The average child gets 6-10 headcolds a year. The colder weather means we are inside more and that means sharing breathing space with those that don’t cover their mouth and nose. Often times, a child will develop an ear infection after an upper respiratory infection or common cold. When the child is coughing and their nose is running, the lymph nodes in the neck swell. This enlargement can lead to tightening of the muscles in the neck. When these muscles are tight, the enlarged lymph nodes cannot drain as easily and the fluid backs up into the ear canal. Because of the short and horizontal angle of the canals in the ear, the fluid just sits in the tube making it an inviting environment for bacteria and viruses to grow. Treatment logically should include restoring normal drainage to the ear and lymph nodes in the neck.

What can I do at home to help?

- Lymphatic Massage-stroke lightly down the front and back of the neck from the skull to the collar bone for 2-3 minutes 2-3 times/day using a massage oil as lubricant. Consider adding safe essential oils.
- Avoid mucous producing foods (all dairy including cow’s milk, cheese, ice cream, butter, etc.)
- Increase intake of fluids, warm tea and broth soups
- Decrease simple sugars (candy, cookies, cakes, muffins, boxed goods)
- Kid’s breathright strips are magic to help them breath

STOMACH BUG

The stomach flu is just a nickname. It is a virus and is not related to influenza (the real flu). The flu shot does not protect against the stomach flu! Norovirus, Sapovirus, and rotavirus are common culprits and sometimes referred to as the stomach virus, norovirus, stomach bug, 24 hour bug and stomach flu but it is NOT "the flu".

- Millions of viruses are in poop, vomit, and possibly nasal secretions and saliva of a sick person. Illness is spread when a few of these viruses get into someone else's mouth. It usually takes 24-72 hours to get sick after you have swallowed the virus.
- Children should stay home from school or daycare for **48 hours** after the last bout of vomiting. 48 hours is the minimum time it takes to make sure symptoms are over. (There can be a relapse of vomiting after 24 hours and the diarrhea sometimes doesn’t start for 24-48 hours after the vomiting). Ideally they should stay home until they have eaten normally for a full day. That often takes longer than 48 hours. A person is contagious (still producing viruses) for at least 3 days AFTER symptoms have stopped. If you or your children have just recovered from a stomach bug, do not go to unnecessary public places (movies, pools, restaurants, indoor playgrounds) or play dates at someone else's house until they have been well for a full week.
- Bleach will kill the virus but also kill all the other really beneficial bacteria in our world. So reserve it for only when you need it. Make a spray bottle of diluted bleach. A good ratio is ¼ in an 16 oz spray bottle. Label it and keep it out of reach.
- Peroxide is actually a fantastic natural disinfectant. Again, you don’t want to kill EVERY germ. Grab the spray bottles of peroxide because you need it to be in a sealed container that blocks the light to maintain freshness.
- Vinegar and baking soda can be used as well. Natural cleaners function better when you spray them on the surface, allow it to sit for 5 minutes then wipe away.

SLEEP

Kids need A LOT of sleep. That is when our body grows, heals and recuperates. One of the reasons it's so hard to know when our kids are not getting enough sleep is that drowsy children don't necessarily slow down the way we do—they wind up. In fact, sleepiness can look like symptoms of ADHD. Children often act as if they're not tired, resisting bedtime and becoming hyper as the evening goes on. All this can happen because the child is simply overtired.

★ How much sleep ★ ★ does my child need? ★	
AGE GROUP	HOURS PER NIGHT
Infants 4 – 12 months old	12 – 16 hours per 24 hour period
Children 1 – 2 years old	11 – 14 hours per 24 hour period
Children 3 – 5 years old	10 – 13 hours per 24 hour period
Children 6 – 12 years old	9 – 12 hours per 24 hour period
Teens 13 – 18 years old	8 – 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics

Supplements that support winter wellness

- Probiotics are the opposite of antibiotics. Probiotics contain the beneficial bacteria present in our gut lining that is depleted with antibiotic use and MUST be replenished for optimum health. Sprinkle 1/4-1/2 teaspoon into bottle or on food 1x/day. Double the dose when on antibiotics. Do not heat the food/liquid after you add the powder! Make sure it is an infant or children's formula. Good brands include Nature's Way, Udo's Choice, Jarrow and Country Life. Keep it in the fridge.
- Elderberry Syrup thins out a chunky cough so they are not so congested. I like the brand Gaia Herbs or make your own.
- EPA/DHA omega 3 fatty acids / fish oil supplements, preferably Nordic Naturals
- Oscilloccinum-over age 2 you can offer this homeopathic remedy that is little tiny pellets they suck on until they dissolve in their mouth. Great for helping with flu like symptoms.
- Thieves, Oregano, Rosemary, Eucalyptus and Lavender Essential oils-must use properly with dilution and safety in mind. Consider the source of who or where you buy your oils. I only use the brand Young Living. They make a fantastic essential oil line just for babies and children.
- Antioxidants like pomegranate, tart cherry, gogi berries, blueberries and wolfberries. Consider a small cup of juice daily that contains as many of these as possible.



SANITIZER

Norovirus is enclosed by a structure known as a capsid. Alcohol cannot get through it, which is why alcohol-based hand sanitizers do not kill norovirus. It's resistant to many common disinfectants. Nowadays many people go on cleaning frenzies in their own homes, using disinfectants on their kitchen countertops, bathrooms, floors and even in their laundry. But while disinfectant soap may be a good idea before surgery, there's no need to use it every time you wash your kitchen counters. It is creating a lot of mutations in bacterial and viral strains that are becoming resistant to drugs. Have you heard of superbugs?

NUTRITIONAL TIPS

Feed a cold, starve a fever. Grandma's sage wisdom. Feed that cold with bone broth or chicken soup. There are many studies that show the effectiveness of this old remedy. Grandma was right AGAIN! The garlic and onions in the broth bust up mucous and help fight inflammation. That includes swollen nasal passages as well as inflammatory cells in the gut. Back to that gut being super important in healing!