

Children & Detoxification

Herein will be provided an overview of how one can approach the detoxification process as it pertains to children, diet and the use of herbs - and will cover some of the common health problems parents usually face with their child(ren), and how to address these preferably as part of a holistic health regimen versus treating symptoms.

Keep in mind that infants, toddlers and older children are simply smaller versions of our adult selves, meaning that a milder and less aggressive approach should be taken to address their needs.

Table of Contents

PRELIMINARY NOTES 3

BABY'S ROOM 5

DIET..... 5

USING HERBS..... 7

WHERE TO GET THE HERBS..... 8

COLIC (GASTROINTESTINAL DISTRESS/GAS) 9

CONSTIPATION..... 9

DEPRESSION..... 10

DIAPER RASH..... 10

EAR PAIN..... 11

FEVERS..... 12

GROWING PAINS 14

HEADACHES..... 14

LIVER CONDITIONS (ELEVATED LIVER ENZYMES, JAUNDICE, ETC.)..... 14

SLEEP..... 15

THRUSH..... 15

Preliminary Notes

At the very beginning stages of our journey in life, we are peacefully unified with our mother's blood and lymphatic systems through the umbilical cord that is attached to the mother's placenta, all the while being immersed in the protective amniotic fluid.

Being connected to our mother in this way, also means that we share her blood and lymphatic system and inherit the conditions of these circulatory systems, in addition to the genetic strengths and weaknesses that we get passed down from both of our parents.

This is why the condition of our lymphatic system during early childhood tends to be almost, if not identical, to our mother's, when analyzed through [iridology](#) - and why we tend to exhibit and experience similar health problems either during this same time period or later in our lives.

When it comes to children, the emphasis is placed on helping the child's body facilitate uninhibited development and maturity of the brain and nervous systems, and on supporting healthy organ and gland function to secure proper development of the rest of the body.

With a lot of successful experience working with children, and having had female staff members successfully raise their own kids on raw foods, Dr. Morse has found that the aforementioned is best accomplished on a diet rich in various fruits, homemade coconut milk, and progressively adding in other nut milks (although there is no need to inundate their bodies with proteins), vegetables and such as the child grows older.

If the mother's breast milk is compromised in quality, which is often the case, there are ways in which she can increase the quality, production and nutritional value of it, through natural means (starting with change of diet). According to Dr. Morse, babies do not need to be breastfed beyond 1 year of age, and if needed, due to a very ill state of health of either mother or child, or if for any other reason breastfeeding cannot continue, the baby can be weaned as early as 6 months old - given - that the child is transitioned directly to the proper diet as soon as possible. Note that Dr. Morse has sometimes had to take babies off of breast milk at only a few months old due to cancers and other serious conditions.

Coconut water and the milk made from blending coconut water and meat together, as well as the appropriate mono fruit meals and nutritive superfood powders can effectively compensate for the lack of quality breast milk.

Couples wanting to introduce another soul into the world should prepare, in the best way they possibly can, a healthy "physical vehicle" for the incoming soul to inhabit. Sufficient preparation time should be reserved for both parties to purify and strengthen their own temples and to strengthen the bond between one another as upcoming parents.

Prior to conception, the soon-to-be mother can benefit greatly from [nourishing infusions](#) made from such herbs as nettle, red raspberry leaf, oatstraw, red clover blossoms, and alfalfa, used either individually, or better yet, in combinations of two or more.

Red raspberry leaf and red clover blossoms are both nutritive and fertility enhancing herbs, and when combined, become a powerful fertility tonic infusion. Red clover - being contraindicated during pregnancy - should be discontinued once conception has occurred.

4 months into the pregnancy the mother may incorporate a phenomenal prenatal herbal brew known as "[NORA tea](#)," consisting of and combining the beneficial properties of (N)ettle herb, (O)atstraw, (R)ed raspberry leaf and (A)lfalfa.

Breastfeeding women should avoid aggressive detoxification, but can still use the less aggressive lymphatic and anti-parasitic herbal formulas and need not be concerned about toxins being transferred to the child via breast milk. If the nursing mother detoxifies her body, the breastfed child will detoxify along with her.

In addition to the aforementioned herbal infusions, the following can be incorporated as part of a health regimen (also for pregnant women):

- Strong Bones formula (effectively counterbalances the effects of low calcium reserves during pregnancy)
- God's Garden Superfood Blend II (highly nutritive blend; effectively replaces prenatal supplements)
- Parathyroid glandular (strengthens the parathyroid gland to help increase calcium utilization)
- Moringa Oleifera (highly nutritive plant; effectively replaces prenatal supplements)

Four ways in which you can support and comfort your baby child during times of illness, besides dietary adjustment and therapeutic applications, is by (1) being in close proximity of your child as much as possible, and through the acts of (2) lymphasizing and (3) gently massaging your child, as well as (4) exposing your child to plenty of fresh air with direct or indirect sunlight. Lymphasizing a baby is as simple as rocking or bouncing them in your arms, which parents instinctively know to do whenever the child voices its need. You can also sit on a rebounder (mini trampoline) and bounce gently while holding your child in your arms.

Dr. C. Samuel West, D.N., N.D. once became famous for saying, "When a baby is born, do you just hold it or bounce it? Bouncing activates lymphatic vessels, thanks to numerous check valves located throughout its vessels. Babies will cry to be lymphasized so that they can stay well, and we instinctively rock or bounce them for the same reason. Mothers who ignore their babies will have sick babies."

And he went on to say, "Babies associate lymphasizing with love. It is a loving experience for them. They are continually saying through their actions, 'If you love me, lymphasize

me!" The motion experienced riding in a car, or being held and rocked in a rocking chair, is a lymphasizing experience."

Baby's Room

One important preemptive measure one can take to protect the child's vulnerable health is by making the child's room as clean and non-toxic as possible, as the child will be spending a considerable amount of time here (this is something that should be considered for every bedroom in the home at the very least). Do your best to decorate the room as far in advance as possible, allowing the off-gassing, often toxic fumes to evaporate in time.

Use non-toxic, bio-friendly interior paints, and furnish the room using products made from natural materials. Furniture (typically the cheap kind) made using [medium density fiberboard](#) (MDF), which is basically sawdust held together with glue and manufactured using a toxic, carcinogenic substance - known as formaldehyde - should be sealed properly to prevent formaldehyde leakage from the MDF material.

As for bedding, try to invest in bed linen made from organic, chemical-free and formaldehyde-free cotton.

Finally, it may be a good idea to acquire one or several plants that help to purify the air. Dr. Morse's favorite plant species that he uses in his own home, for this purpose, are [philodendrons](#).

Diet

How you best go about feeding your baby, and what you feed it, will vary depending on the situation and age of the child.

If you're new to Dr. Morse and the dietary recommendations put forth in his educational material, please understand that Dr. Morse does not ever recommend the consumption of any dairy products (or commercial baby formulas), and especially so for children, as these are the very foods that contribute largely to all the common issues infants and toddlers often have including:

- Diarrhea
- Earache
- Fevers
- Mucus problems
- Pink Eye/Conjunctivitis

- Symptoms of colic (gas and GI-tract distress, etc.)
- Vomiting
- Etc.

Grains (non-sprouted in particular) are also considered acidifying, non-nutritive and damaging to the body and also contribute to the above health problems in children. In light of this, common “baby’s first food” items such as infant rice cereal and oatmeal are not recommended.

If your child is fed any such food products, please reconsider continuing to do so and begin exploring and learning about the healthier options available.

You may explore some of the following and most preferred options:

- Fresh fruits and vegetables (emphasis on fruits)
- Coconut water (young coconuts)
- [Fresh & Homemade] Pear purée (excellent first baby food)
- [Fresh & Homemade] Fruit juices (e.g. orange juice, grape juice, apple juice, etc.) (dilution is recommended)
- [Fresh & Homemade] Green juices (e.g. apples + carrots + optional 3rd ingredient)
- [Fresh & Homemade] Fruit smoothies
- [Fresh & Homemade] Coconut almond yoghurt (example [here](#))
- [Fresh & Homemade] Coconut milk (example [here](#))
- [Fresh & Homemade] Hemp milk (example [here](#))
- [Fresh & Homemade] Almond milk (example [here](#))
- [Fresh & Homemade] Sesame milk (example [here](#))
- Mashed berries or berry purée (example [here](#))
- Quality superfood blends and/or small amounts of [moringa oleifera](#)

If you’re trying to detoxify your child, you should go easy on the nut/seed milks (coconut milk is okay) and coconut almond yoghurt, and place emphasis on fruits and vegetables.

Using Herbs

The following is a general usage chart relating to some of the most common herbs considered safe for children including:

- Catnip
- Chamomile
- Elderflower
- Lemon balm
- Passion flower
- Peppermint
- Rosehips
- Sage

TINCTURES		
Age	Quantity	Frequency
Ages <3	5-10 drops	3 times per day
Ages 3-6	10 drops	3 times per day
Ages 6-10	15-20 drops	3 times per day
Ages 10-15	20-30 drops	3 times per day
Ages 15+	30 drops	3 times per day

[NOURISHING] HERBAL INFUSIONS		
Age	Quantity	Frequency
Ages <3	1/5-1/4 cup	3 times per day
Ages 3-6	1/4 cup	3 times per day
Ages 6-10	1/2 cup	3 times per day
Ages 10-15	3/4 cup	3 times per day
Ages 15+	1 cup	3 times per day

If using Dr. Morse's or any other company's herbal formulas, simply adjust dosage according to weight (check the bottle label) or see suggested usage provided on the bottle.

When using encapsulated herbs (e.g. Stomach & Bowels) for infants (3-12 months) and toddlers (1-4 years), open the capsule(s) and mix in the powder with their puréed food.

If using alcohol tinctures with your children, add it to grape or apple juice to try and mask the taste. Or better yet, rely more on the herbal infused glycerin formulas most of which have a delightfully sweet taste.

Generally, you want to use no more than 4-6 of Dr. Morse's herbal formulas simultaneously on an infant or toddler.

A 'Kidneys & Bladder Tonic', 'Endocrine Balance', 'Stomach & Bowels Tonic', and 'Lymphatic System Tonic' formula will usually suffice to facilitate gentle detoxification.

The 'Herbal Anti-Spasmodic' formula should be used when needed to mitigate tremors and seizures, and to be used instead of an asthma inhaler (keeping the inhaler in reach just in case).

The 'Brain & Nervous Tonic' formulas are intended for enhancing and strengthening, as the name alludes to, the brain and nervous tissues, which is important for developing children. It's a phenomenal supporting herbal formula.

Additionally, the child can also be bathed in Heal-All Tea if need be. You will simply upsize (triple or quadruple) the amount of plant material suggested on the Heal-All Tea packaging, prepare the tea in a larger pot, and add the ready tea to a water-filled bathtub/baby bathing tub which the child can be held or sat in absorb the properties from the tea through the skin (as well as soothing and repairing the skin).

Where to Get the Herbs

There are various places you can order bulk herbs (including the herbs mentioned herein) from. Please check the [Botanical Reference](#) section on GrapeGate.com.

Colic (Gastrointestinal distress/gas)

Fennel seed and catnip leaf/flower are wonderful allies when it concerns colic in babies, used in the form of an infusion or tincture (see usage chart).

Either of the above herbs will help to dispel gas and improve digestion, and are calming to the nervous system.

A Stomach & Bowels Tonic formula can also be used (open capsule(s) and mix in powder with smoothie or puréed fruit).

Conjunctivitis (pinkeye)

This condition can be helped by use the Heal-All Tea or an herbal infusion made using either cut & sifted chamomile flower or eyebright herb for infants and toddlers.

It is recommended that you strain the ready tea/infusion through an unbleached coffee filter to remove any particles.

Use the tea/infusion for a fomentation held in place for ~10 minutes, 3-9 times a day. Continue application at least 3 days beyond absence of symptoms.

For older children, you can make an infusion of calendula flower and apply it as a warm compress using cotton pads.

Preparation: ½ cup of calendula flowers into a pint (16 oz.) jar. Fill with boiling water and allow it to steep for 2 hours. Dip cotton pads in the infusion, wring out the fluid and apply. Repeat as needed.

Constipation

To aid in reversing constipation, you can use the Stomach & Bowel Tonic (S&B) formulas, 'Brain & Nervous Tonic' formulas and/or a tea made of equal parts fennel seed and licorice root.

For the S&B Tonic formulas, open the capsules and mix it in with a smoothie or puréed fruit.

For the tea, mix 1 teaspoon to ½ tablespoon of each herb for every cup of water (using at least 2 cups of water). Simmer the herbs for 20 minutes and allow to cool. Give one teaspoon every 30 minutes as needed.

Depression

If your child encounters a little phase of depression, your child can be supported with lemon balm taken as a tincture, ingested as a tea or infusion, or by inhaling the aroma of the essential oil. Lemon balm is very suitable for the depression brought on by the grey skies of northern countries.

Tea made from orange peel or the aroma from the essential oil will also help.

Additionally, you may try the 'Happiness' (specific for depression) and/or 'Endocrine Balance' formulas. Resorting to the use of a parathyroid glandular to increase calcium utilization is usually not necessary if incorporating the two or more of the above herbal formulas/remedies.

You can make an anti-depressant room spray requiring:

- 2 oz. spray bottle
- Rose water
- 40 drops of lavender essential oil (any of the common species)
- 40 drops of orange essential oil

Add the ingredients to the spray bottle, shake really well, and allow to sit for 2 hours.

Once ready, you may spray your child's bedroom with this solution.

Diaper rash

Diaper rashes are an utmost excellent example of what acid waste by-products (in this case digestive waste in the form of stool) will do to tissues, if not promptly removed once created. Forgetting to change the diapers frequently means that the acids which are in contact with the skin on the baby's bottom will irritate and inflame the skin (which is why it's called "diaper dermatitis;" any "-itis" meaning inflammation).

If this is something that occurs frequently, consider acquiring natural remedies that can be used to soothe and speed up the tissue healing process.

Bentonite clay can be made into a loose paste with water and a few drops of lavender essential oil ('lavandula officinalis' only). Apply this paste to the affected area and allow it to dry and crack off. The bentonite will pull out the acids while the lavender mitigates the itch response and soothes the skin.

Apply this paste once per day.

Ear Pain

When the congestion and acids create irritation and inflammation within the child's ear, it is easiest to provide relief by placing a few (generally 3-4) drops of an ear oil into the child's ear(s) which is then to be kept in by inserting a piece of cotton that is kept in place for 20-30 minutes, and done up to 3 times per day during the acute stage.

Mullein (also mullein + garlic) infused oil is a popular choice. When pain is involved, mix 20 drops of lavender (*lavandula officinalis*) essential oil for every 1 ounce of mullein infused oil.

Once you've mixed the ingredients together, allow the oil to sit for 2 hours before applying.

Elderflower can be given to the child to limit the irritation caused to mid-ear mucous membranes (preventing buildup of thick phlegm or mucus). A tincture or herbal infusion is preferred (see usage chart).

Fevers

A fever, typically associated with the cold and flu, is one of the body's natural attempts at cleaning and purging itself through the skin by raising body temperature and thereby increasing perspiration. It serves to help eliminate undesired microorganisms, mucus, parasites, toxemia and venoms, and unwanted cells.

Other [often associated] symptoms of elimination include coughing, mucus discharge and diarrhea.

Fevers are not a process you should attempt to stop, rather, it is a process that should be monitored and kept under control while it runs its course. Antipyretic (and liver damaging) medications like Tylenol and Ibuprofen should only ever be used as an absolute last resort if a fever spikes too high for a prolonged period of time. But in most cases this never happens, while, at the same time, these situations can often be alleviated through natural means (e.g. using herbs with refrigerant and diaphoretic properties, homeopathic remedies, and keeping the body hydrated and cooled down with baths and cold applications on back of neck or forehead, etc.).

The key to fevers is to stay hydrated and not panic. Babies/children should always be under supervision and cared for during this process.

FEVER TEMPERATURES		
Oral	≥99.5 °F	≥37.5 °C
Rectal	≥100.4 °F	≥38 °C

≥ = *equal to or greater than.*

NOTE: Temperatures taken rectally are the most reliable when checking for a fever. Temperatures stated throughout the following information is based on rectal readings in Fahrenheit.

More information on taking a baby's temperature can be found [here](#).

It is very common for infants (3-12 months) and toddlers (1-4 years) to hit 104-105 °F and should not be cause for concern. However, with newborns (meaning younger than 3 months), the temperature should not be allowed to exceed 100 °F.

- Make sure to keep the child hydrated, preferably with fresh coconut water (not canned) (coconut water is considered excellent for replacing lost electrolytes from sweating) or fresh-pressed and diluted grape juice
- Keep the child cooled down with baths, soaked washcloths on the forehead or a cold application on the back of the neck
- If needed, use refrigerant and diaphoretic herbs such as Elderflower or Catnip leaf/flower (both Elder and Catnip can be combined for best results; Catnip, like

coconut water, will also help replace lost electrolytes) to lower body temperature (herbal infusions are excellent for this)

Instructions:

- 1.) Measure 7 grams (roughly quarter of an ounce) of Elderflowers or Catnip leaves/flowers (or 3.5 grams of each herb)
- 2.) Put plant material into a sealable 8 oz. (236 ml.) mason/preserving jar preferably made of glass
- 3.) Pour 8 oz./236 ml. of boiling water into the jar, stir the contents, then cap and seal the jar
- 4.) Allow plant material to steep for 1 hour
- 5.) After 1 hour, pour some into a small drinking bottle (for infants and toddlers) or just pour into a cup for children

NOTE: For newborns, infants and toddlers, you can also soak a clean cloth in the herbal infusion and let the baby suck on it.

NOTE: To enhance the taste of the Elderflower infusion one can add Peppermint (makes taste more pleasant) and/or Rose hips (adds sweetness to the infusion).

NOTE: The infusion can also be added to a bathtub/baby bathing tub that the baby can be held/sat in allowing their body to soak in the infusion through the pores. If using infusion for bathtub, consider making a standard infusion of 1 ounce of plant material to 32 oz. of water (using a quart jar instead, basically quadrupling the above recipe). Use the infusion within 36 hours.

Internal usage: 1 tablespoon of infusion 3 times a day for infants and toddlers. Older kids can drink half a cup (4 oz.) 2-3 times per day.

If using tinctured Elderflower or Catnip, use roughly 1 drop of tincture for every pound of bodyweight.

Growing Pains

Growing pains occur when the body's ability to properly utilize and metabolize calcium is inhibited from a weakened or suppressed parathyroid gland. This prevents the bones from getting the calcium needed for proper structural development.

It will be key to focus on the 'Endocrine Balance' formula. The 'Bones' formula can also be used. Depending on the child's age, a parathyroid glandular can be considered if the herbal formulas aren't enough.

An herbal infusion made using catnip leaf/flowers will help with the pain and encourage sleep.

Preparation: place 28 grams of catnip leaf/flowers into a quart (32 oz.) jar. Fill with boiling water and allow it to steep for 1 hour (4 hours if using only leaves).

Headaches

Throughout the day, children experiencing headaches can enjoy a refreshing tea made using lavender flowers and peppermint.

Liver Conditions (elevated liver enzymes, jaundice, etc.)

When the liver is in distress, it can be supported with the 'Liver & Gallbladder Tonic' formula and/or a decoction of dried, cut & sifted dandelion root.

1 tablespoon of the decoction, up to 3 times per day, should suffice. You can find the instructions for making a standard decoction within the [Botanical Reference](#) section of GrapeGate.com under 'Botanical Assistance'.

Pertaining to diet, monitor how the child responds to fat intake. If a problem is noted, temporarily decrease or exclude fats from the diet while supporting and rebuilding the liver.

Sleep

If your child experiences trouble falling asleep, you may try either of the following herbs in tincture, tea or herbal infusion form (see usage chart):

- Chamomile
- Passionflower
- Catnip

Thrush

If your child experiences thrush, you can use calendula flower in the form of a tincture or infusion, for its anti-fungal properties. Parasite M may also be used if needed.

Preparation: place ½ cup of calendula flowers into a pint (16 oz.) jar. Fill with boiling water and allow it to steep for 2 hours.