



Kitchen Stewardship

Natural Remedies for Rookies

Crowdsourced From the Mom
Next Door

Table of Contents

1. Fighting Infection Naturally Without Antibiotics
2. Constipation Remedies for Adults
3. Pain Relief & Headache Remedies
4. Parasite Symptoms and Remedies
5. Candida Symptoms and Remedies
6. Wart Remedies
7. Itchy Bug Bite Remedies
8. Croup In Kids And Babies Remedies
9. Ear Infection Remedies
10. Constipation Remedies for Toddlers
11. Nighttime Bedwetting Remedies
12. Toddler Pneumonia Remedies Without Antibiotics



Introduction

Let's just start off on the right foot here: I'm not a doctor or health professional, and I won't be able to treat, cure or heal you – naturally or otherwise.

That said, I hope some of these ideas help.

I am always grateful for the community at Kitchen Stewardship – it's like having the smartest natural moms in the world all living right next door. Imagine this book as a virtual chat over the backyard fence with your own neighbor, a wise older mom who raised a bunch of kids with intention, trying to avoid unnecessary medication and being kind to the earth.

That's the sum of this collection of resources, largely from my own experience but with many ideas crowd-sourced straight from the KS community (that I haven't tried). It's my hope that hearing stories of how our family determined what we were dealing with and how we tackled various ailments, both successfully and unsuccessfully, will be helpful to you on your own journey.

Please be wise as you seek natural remedies for your family – if natural remedies are going to work, we must accept that there could be side effects if used incorrectly, at the wrong age, or because of a reaction. Be conscientious as you choose

natural remedies, watch your family's reactions, and check other sources to corroborate the information.

A great source for essential oils information in particular is [Using Essential Oils Safely](#), with a helpful, busy Facebook group [here](#).

May this information build up your toolkit of natural remedies and give you a personal recommendation to start with when you consult Dr. Google. ;)

Katie

About The Author



Katie Kimball is a Michigan mom who has shared her journey to real food and natural living for 9 years at Kitchen Stewardship, a blog that helps busy families stay healthy without going crazy. She learns about natural health on an "as-needed" basis usually, but with a house full of people and blog readers with questions, that usually means a lot of research and testing!

In 2015 she realized that although teaching adults how to be healthy was a great goal at KS, nothing would change unless we backed up a generation. Katie is passionate about saving our kids' generation from the tide of disease threatening to wash them away, and as an elementary school teacher by trade, she knew just what to do.

Along with her 4 children, she created the Kids Cook Real Food eCourse to help other parents teach their kids to cook, so that they too can get a little break (and raise healthy children who can cook and eat their vegetables). The course serves thousands of families, homeschool co-ops and schools from 6 continents!

Kids Cook Real Food is an online video cooking course specifically for kids - and 100% real, healthy food. Using fun phrases and easy-to-understand

directions, "Mrs. Kimball" teaches your kids all the basics for a healthy kitchen (no canisters of crescent rolls allowed). Over 30 skills are organized into 3 levels so all your kids can work together on one meal or snack and be so proud of their accomplishments!

Check out the latest freebie at [KidsCookRealFood.com](https://www.KidsCookRealFood.com)



Family Remedies

Fighting Infection Naturally Without Antibiotics

If I've learned one thing, it's that it's much better to be prepared for the sicknesses and pains before they arrive rather than consulting Twitter and visiting the store when your child is already in pain.

Allow me to help. Here's what I wish I would have had on hand and have stocked now in preparation for whatever may come along this winter. Or summer.

Preventative Measures to Stay Healthy

- Dried elderberries to make elderberry syrup (or buy the syrup) – an immunity booster. You can find [a recipe to make the syrup](#). Elderberry syrup should not be used by people with certain conditions – be sure to look it up!
- **Probiotics** – the adults in our family take probiotic powder regularly; the children take the **liquid version** daily as well, and we all have more when we get sick or someone else in the family is sick.
- **Homemade chicken stock** – always a good food to include in your meal plan at least once a week, especially in the fall/winter.
- Fresh garlic – one of the top foods with natural antibiotic properties, another good habit is definitely to **include garlic as often as possible**.
- **Coconut oil** – also a natural antibiotic food, the healing properties of coconut oil are many and diverse! We use it all the time in cooking.

To Fight Infections

- **Natural antibiotics** are still quite potent and can also unbalance your natural flora, but not as recklessly as drug antibiotics, and without many of

the iffy side effects.

Worth buying for your medicine cabinet:

- [KidSafe Germ Destroyer](#) essential oil blend. I prefer to source my essential oils from [Plant Therapy](#) and love their [KidSafe blends](#)!
- Here's a post with more personal experience and lots of information on [how to fight infections naturally without antibiotics](#)
- [Probiotics](#)– take during and after infection
- For [pain relief from an ear infection](#), gently warm [olive oil](#) on the stovetop and carefully pour into the affected ear, then tip out. You can infuse it with crushed garlic, too, but take care not to get any garlic actually inside the ear.
- I haven't stocked them yet, but folks recommend goldenseal and Echinacea; see the comments at [this post](#) for lots of advice. Like I said, social media is the best way to pass on age-old information these days.

To Ease Congestion

- Lots of brands and small businesses have chest rubs with [eucalyptus](#), menthol, camphor, and more. These are a great alternative to Vicks because they use safe carrier oils like olive oil, shea butter, [coconut oil](#), and beeswax.
- Plant Therapy KidSafe Sniffle Stopper roll-on as a chest rub.
- A vaporizer: To put in your vaporizer: eucalyptus oil (not safe for kids under 10), [Cedarwood Virginian](#) (kid safe), [camphor oil](#) (not kid safe), lavender oil (kid safe), [Kid-Safe Sniffle Stopper synergy](#) – professionally blended “synergies” (i.e. mixtures of multiple oils) are usually more effective than single oils, and Robert Tisserand blended all [Plant Therapy](#)'s Kid-Safe synergies! You can also put garlic and oregano oils in the vaporizer to fight infection – smells like a pizza joint!
- Use hot steam by running the shower or sink and tenting the head with a towel. The steam treatment described in this [home remedies for pneumonia symptoms](#) is great for any chest congestion.
- Saline water, either purchased or homemade, is a simple and effective nostril-flusher-outer (I believe you can just dissolve 1/4 tsp. salt in a cup of water and drip into little ones' noses).

For Coughs

My mom used to give me whiskey and [honey](#), but my new favorite is TriLight Health's [Lympha Rub](#) – we rub it on the throat and temples before bed, but if a cough is really keeping someone awake, one drop right at the back of the throat has knocked out the cough within 5-10 minutes 100% of the times we've tried it. Amazing. Use internally only over age 5.

And for that tickle in your throat? Try gargling with apple cider vinegar, or better yet, do this: drink a splash of ACV mixed with as much cayenne pepper as you can stand, crushed garlic, honey, and lemon juice. Nasty, but effective on a sore throat or impending cold.

For Throwing Up

Other than avoiding putting anything IN the victim, activated charcoal is the only thing I know of that works as a natural anti-vomit solution.

Ginger (in tea or gum) or peppermint (tea or in vaporizer) are good anti-nausea remedies.

When they're throwing up anyway, here are my [3 quick tips for throw-up clean-up](#), along with the [real food B.R.A.T.Y. diet](#).

Constipation Remedies for Adults

Most of these natural remedies – and of course choosing the right foods for constipation – will be fine for both kids and adults, but there is also a section specifically geared towards constipation in toddlers.

Let's run through the remedies from the least to most commitment, both for your time and budget in true Kitchen Stewardship style:

Just Stop & Breathe – Free and Quick (and really works!)

This is actually the newest technique I've tried, but it definitely deserves the top spot.

I just listened to a talk by [Dr. Ritamarie Loscalzo](#), a chiropractor and internationally recognized nutrition and health authority, called "End Hormone Havoc: The Gut Hormone Connection" (part of the Heal Your Gut Summit). She explained a bit about digestion and one reason we Americans in particular might be constipated.

Digestion is a parasympathetic process, meaning that the body needs to be at rest. When we're stressed, our cortisol levels go up, which is the "fight or flight" hormone. That puts our body into sympathetic mode – if we need to run away from a tiger, we need our bodies to be ready to jump, and we don't want energy going to digestion at that moment. If we're chronically stressed, low on sleep, or physically running around while we're eating, our body can't get into parasympathetic mode to digest our food properly. Blew my mind!!

To combat this, all you have to do is stop. Sit. Take some slow, deep breaths. Be grateful.

I explained this to my kids at the next meal after I heard the talk and told them I thought it was so awesome to see how God puts systems in place to keep us

healthy – because bowing one’s head in prayer and genuinely being grateful is the key to good digestion! So grace before meals even has a physical health purpose. God is so good! Dr. Loscalzo emphasized that it doesn’t have to be a half hour of meditation, just one minute will do. Hooray!

Warm Ginger-Lemon Water

The simple addition of some grated fresh ginger to lemon water and using warm instead of room temperature water is a potential relief for constipation, and definitely the easiest and least expensive remedy to implement.

I keep ginger in the freezer all the time anyway and would just grab my microplane grater in the morning while the teapot was going. If the water boils (or even gets genuinely hot), you’ll need to add or start with cool water, because you don’t really want the lemon juice and ginger to go above 110F. That would kill beneficial enzymes.

Gargling or Singing Opera

This one is WEIRD but free, so I’ll share it.

Apparently certain actions can stimulate the gut-brain connection, and one of the causes for chronic constipation can be a disconnect between one’s gut and brain. Therefore anything that facilitates the gut-brain connection is good for relieving constipation.

- Gargling: just regular water, gargle a whole glass and try to make each gargle last long enough to be slightly uncomfortable. That won’t take long.
- Singing opera: If you regularly do this, it doesn’t count, but otherwise hop in the shower or alone in your car and belt out some tunes that will cause your throat to open up wide.
- Yogic breathing: The deep, throat-open breathing that yogis teach also helps the gut-brain connection.
- Gagging: Using a tongue depressor, gently press on the back of your tongue, just enough to gag but not enough to vomit. Personally, I went with gargling because the thought of making myself gag 1-3 times daily was not worth it. Ick.

Cutting Grains from your Diet

It’s not always an easy lifestyle change, but with helpful tips and perseverance, it can

be done and may have many other health benefits for you.

Be sure to start by also cutting corn and legumes, with the potential of re-introducing legumes if you see success, because then you'll be able to test whether legumes impact you negatively or not.

Aloe Vera Juice

This product is not very expensive (found on Amazon, although I ordered mine at [Thrive Market](#)) and all you have to do is drink about 2 oz. (a shot glass) of aloe vera juice at night before bed. You can also begin your meals with it.

Aloe vera juice doesn't have a very strong flavor, but it's also not very pleasant. Make sure you buy edible aloe vera, not something for making skincare products! You might try mixing it with juice or even diluting with water or something.

Magnesium

Most Americans are deficient in magnesium, and that's something that, when out of balance, affects many systems. Simply having sufficient magnesium in your body can help ease constipation, and it's not that hard to do.

You can make a magnesium spray or buy it pre-made, and apply at least once a day at bedtime – we did it as often as we could remember. It can make you itch or even burn/tingle a little, which is a sign that you are deficient. If that happens, use less and/or apply 20 minutes before a shower so you can wash it off.

Magnesium supplements are also available, but it's very important to get the correct kind that's bioavailable. Cheap supplements are going to be worthless. Ours are from Orthomolecular Products so that's the only one I can recommend, but they're only available through health professionals, not ordering online sadly. My OB-GYN recommended them. They are a blend of magnesium malate, citrate, and lysinate glycinate chelate.

For more information on supplements pro/cons and what to consider my friend Heather has a more in [depth review here](#).

Detox Baths

Helping your body get rid of toxins without asking more of your liver and kidneys

can be a relief to all systems and also a good detox bath often includes magnesium, see above.

- Make the water as hot as you can stand and add to it regularly to keep it hot.
- Add baking soda and Epsom salts.
- Soak for 20 minutes or more.
- For best results keep children at a distance of at least twenty feet.

Herbs

One of the (many) supplements we took via [Gut Thrive in 5](#) was called Triphala. Depending on the consistency of your stool, we were to take between 1-4 each night of the intro and Pathogen Purge phase. More triphala until you had 2 bowel movements a day, a complete elimination (about 2 pounds of waste).

Triphala is pretty powerful from what I understand, and you're not supposed to take it longer than six months. Proceed with caution as I am NOT a health professional and literally just shared with you everything I know about this remedy.

Squatty Potty

Have you heard of [this contraption](#)? It's going very mainstream, even sold at Costco in a two-pack!

The science behind this stool meant to go around/under your toilet is that the body's natural intestinal shape that is most conducive to movement is bent in a squatting position. When we sit on a toilet, we are generally more like 90 degrees.

Bending the knees upward by placing feet on the Squatty Potty allows both gravity and your system to more easily eliminate waste. Of course, if you have kids who use a stool to get to the sink anyway, you may be able to just grab that. The benefit of the Squatty Potty is that it's designed to remain out of the way, around the toilet, exactly where you need it, when you need it – and no stubbed toes!

Rebounding

This is the most surprising and effective technique to alleviate constipation symptoms that I tried, but unless you happened to buy your 4-year-old a mini trampoline, it's slightly more pricey than the rest.

Rebounding, a fancy word for jumping around on a trampoline, is a way to get the lymphatic system moving, which apparently also gets the bowels moving quite efficiently.

For a few weeks, I was very good about jumping on the tramp in our basement for ten minutes each morning, and seriously? I'd almost always have a satisfying elimination within 20 minutes after finishing. It was uncanny!

I used the time to pray a Chaplet of Divine Mercy, which is almost exactly ten minutes.

It's worth a try, and if you have a **child struggling with constipation**, this is the very first thing I'd experiment with because there are **no side effects, nothing to ingest**, and an awesome opportunity to "get the wiggles" out and get exercise. Stacked with benefits!

Coffee Enemas

Am I really going to go here? Yep. But not for long.

Here's the deal: enemas obviously clean you out. **100% chance you'll get immediate relief from constipation!**

Whether coffee enemas in particular are better than a regular old enema is up for debate. And whether they're safe over the long term or could cause your body to become dependent on them is a question that needs to be answered.

But they're on the table...er...in the bathroom – as an option.

Poop Early, Poop Often

My final tip? Try to create some time and space for a bowel movement in the morning. When you get your bowels moving early, you're more likely to be able to continue throughout the day. I know if I get an hour after breakfast and haven't yet pooped, I probably won't have a good bowel day.

I've tried every one of these constipation relief home remedies, and I did see some success. The absence of effort has caused...well...**I'm all stopped up with genuine constipation.** Lovely. Just call me your crash test dummy of digestion, and my crash is your gain.

Time to get back on the porcelain horse and re-implement rebounding, aloe vera, and detox baths!

Pain Relief & Headache Remedies

Tylenol, aspirin, Motrin, Advil, and generic pain relief tablets certainly have a good thing going in the pharmaceutical market, don't they?

From headaches to arthritis to sports injuries to chronic pain, people in our culture are often medicating for pain.

The very first line of defense against pain is completely countercultural: Instead of treating the symptom, seek the root cause of the problem.

If you get headaches, are they caused by stress, inconsistent sleep, sensitivities to fragrances or air pollution, a food sensitivity (additives like **MSG** and **artificial colors** and **artificial sweeteners** often cause headaches), or another condition that may have diet at its root?

Joint pain is often resolved when people cut grains, **add healthy fats to their diet** and **consume bone broth regularly**.

I can't go into every sort of pain here, but trust me – covering up the problem by masking the pain is like telling your child, "I don't want to see that 65% on your spelling test. Let's make some origami out of it, and then it will look pretty again, no problem."

If your body is in pain, it might be telling you something. Try listening.

When you do need something to ease a pain so you can get through your day, there are natural solutions that don't involve Big Pharma. Here are a few ideas:

- [Ear oil for ear ache relief](#) (homemade, mullein herb optional)
- Arnica for growing pains (homeopathic – note: don't mix homeopathics and essential oils as they may counteract and nullify each other)
- Redmond clay for bruises, cuts, road rash and tummy aches (use a [clay "burrito" on a bruise](#) and take internally for tummy trouble)
- A half teaspoon of whiskey for a child over 6 to help them sleep, if growing pains or ear aches are keeping them awake
- Essential oils: [peppermint](#) and [lavender](#) essential oils, rubbed on the feet or temples/neck/forehead, or breathed in, is supposed to help ease headaches (my husband hasn't had any luck with that solution though). Rosemary, [eucalyptus](#) and frankincense are also recommended for headaches. My EO book, Modern Essentials, says: "Apply 2 drops each of peppermint, eucalyptus, and frankincense to neck, temples, and forehead." For migraines, [basil essential oil](#) is also mentioned. Important EO note: many of the oils listed above are NOT rated safe for young children although lavender IS. These remedies are much more suited for adults. Check out my list of [safe essential oils for children and babies](#) and info on [bringing down a fever without Tylenol](#) to educate yourself more, or just shop from [Plant Therapy's](#) Kid-Safe line and skip the research. For carpal tunnel and other joint pain, try [wintergreen](#) and [lemongrass](#), also [cypress](#)
- *Check out [our resources page](#) just for this book to help source these remedies.*

Natural medicine isn't like modern medicine in that it's never "one size fits all."

First, there isn't one remedy for "pain."

With OTC meds, it's easy. Have pain, take pill. It doesn't really matter where the pain is or what's causing it.

With [essential oils](#) and homeopathics, you need to know a little more about why you're in pain and where the pain is located, and then you can find your solution more easily.

Secondly, what works for one person might not work for the next. That's why there are so many options to try. It can be annoying to pin down what works for you, but I think (I hope!) it's worth it.

And finally, I have to come back to root cause. So much pain is caused by poor dietary choices in general or food sensitivities that people just don't know about or understand. Sometimes an [elimination diet](#) may be the best way to get to the bottom of your issues. (Here are some [tips on starting one](#), especially if you have kids.)

Now for the truly helpful part of the chapter, because my readers are almost always smarter and more experienced than I am. I'm so happy to share the floor.

Ideas from Readers

Remember that this is just advice like you'd get at a church group or grocery store, written as people use things, not as a medical doctor or naturopath would prescribe:

- Heat, of course, a hot water bottle or rice pillow heated in the microwave.
- And cold: [ice dipping](#) or just an ice pack/bag of frozen veggies.
- A big glass of water and a nap.
- "For bone pain, I found soaking in a magnesium bath is tremendously helpful." You must read the rest of Peggy's debilitating pain and transformation via food [HERE!](#)
- Magnesium for headaches and growing pains plus "For quick relief from a headache massage the pressure point in the web next to your thumb, you will know it when you find it, it kills." LOTS of people [recommend magnesium...](#)
- For headaches I have Feverfew; one leaf eaten daily; Dandelions will help to 'stabilize' or 'neutralize' your body and bring it back to 'normal'." (This reader had a lot of experience with herbs and recommended searching for more on them...)
- "Aye Nasal Rinse (like Nettie pot effect) to relieve sinus pressure." Also hot shower, warm cloth on face, facial massage."Now, I rarely get bad sinus pressure or headaches anymore. I still eat a strict low grain, traditional diet and take the Redmond clay, Nettle and Grapefruit Seed extract daily." (more on what she tried [here](#))

- "Turmeric (I make capsules with bulk turmeric powder) works great for aches and pains I get from running too much."
- "Another cause for headaches can be a misalignment somewhere – either in the cervical or in the cranial sacral area. Finding a really good chiropractor who specializes in those areas will go a long way in correcting headaches."
- Another source for headaches could also be hormonal imbalances – doing a good cleanse and supporting the reproductive system as well as the glands/organs in the endocrine system with herbs and essential oils can make a huge difference.
- Essential oils people like: [peppermint](#), Deep Blue by doTERRA.
- Great advice that Sarah used to [treat pain after a car accident](#).
- Arnica spray for sunburn pain.
- Headaches from Lyme Disease (which is way more common than you'd think!) and the book "Heal Your Headache" recommended [here](#). A must-read story of modern medicine piling up and making a mess for someone who was simply vitamin deficient [here](#).
- Using turmeric for cramps, backaches, and headaches.
- Chili powder
- "Also, a homeopathic trick that is great for colds, viruses, upper respiratory illness, etc. is the [wet sock treatment](#)"
- Milk thistle, sleep, [Frankincense EO](#).
- Root cause of headaches was a bad tooth and then needing glasses; story [here](#).

Parasite Symptoms and Remedies

When I was fighting some candida symptoms a few people emphatically recommended I check out lists of symptoms of parasites in humans. I did, and I thought, “Hmmm, that does sound like what I’m dealing with.”

Symptoms of Parasites

- constipation
- diarrhea
- gas and bloating
- irritable bowel syndrome
- joint and muscle aches
- anemia
- cravings, especially sugar
- allergies
- skin conditions – mostly irritation/itching at nose, ears, eyes, anus – but also potentially rashes, hives, eczema
- tumors
- nervousness
- sleep disorders
- hyperactivity
- anxiety
- teeth grinding
- chronic fatigue
- fuzzy thinking
- headaches
- runny nose
- blisters on lower lip inside mouth

- loss of appetite
- bad taste in the mouth
- acne
- fever
- vomiting (may return several times a year)
- may have trouble gaining weight, children especially
- long-term presence may contribute to the development of food allergies
- dark areas under eyes
- yeast/candida infection, especially if it returns

Sources: [1](#), [2](#)

How Widespread are Parasitic Infections?

[This site](#) says over 50% of Americans have a parasitic infection, and [Livestrong](#) quotes the World Health Organization: over 3.5 million people worldwide are infected with parasites, BUT also states that Americans are not as susceptible as others because of our general sanitary environments.

In my conversations with TriLight Health about the issue, they say that ALL of us have parasites of some kind.

The [University of Maryland](#) says, "Parasites can live within the intestines for years without causing any symptoms." Lovely. They also peg "Exposure to child and institutional care centers" as one possible "cause" of a parasitic infection, which pretty much describes all children attending school, correct? Parasites are apparently quite contagious, especially when people don't have perfect hand-washing habits (what child doesn't touch their mouths at inopportune times?).

Soooo... does that mean everyone who sees some of the symptoms of parasites on that list should do a parasite cleanse? Some would say yes, yearly.

How to do a Parasite Cleanse

I followed TriLight's 3-step process and asked their staff questions for clarification, so I'm happy to be able to offer you a most comprehensive "how to" guide.

Step One: Weaken Parasites

For about 10 days, take 2 garlic capsules with each meal, or 3 times a day. This helps to loosen the parasites' hold on your body. There are other anti-parasitics that are possible, but they recommend garlic, so I went with that.

Step Two: Flush Parasites Out

This is where the herbs come in. I thought it was interesting that many of the same herbs recommended [here](#) to treat candida are the same ones in TriLight's **Worm Out** formula, including Black Walnut, Pau d'Arco, thyme, burdock, wormwood and cloves.

Take 1/2 teaspoon per 25 lbs. body weight every 3 hours. If you can only fit it in 2-3 times a day, that's okay too. I took it straight – it tastes like dirt, but worse. You can put it in water to cut the taste, but then you have to drink more, of course. I originally thought this product was safe to take while nursing ([the product page even says it is!](#)), but a helpful commenter mentioned that her research showed that a number of the ingredients in Worm Out are NOT recommended for breastfeeding mothers, and some quick Google searching confirmed that. Goes to show you need to check and double check that sort of thing. (I even had a naturopath direct me to Pau D'Arco tea while nursing, and that's on the "not recommended" list as well! Sigh...)

At the same time, continue to eat "cleansing foods," meaning those that will help you avoid constipation and keep your bowels moving so that any parasites that are killed can exit the body via a natural way. Interestingly enough, I started the parasite cleanse at the same time as we went grain-free for Lent, which usually increases my bowel movement frequency significantly. Instead, I was a bit constipated on the Worm Out and things changed the very day after I stopped the first 10-day regimen. Perhaps I needed to drink more water and eat more figs and prunes. ???

Here's what the head of TriLight shared when I asked more about the cleansing foods; I thought it was very helpful:

First let me say we are NOT saying you need to do a cleanse. We believe that should be supervised. What we are saying is do not be constipated when you start your parasite program. Be sure you're having a few bowel movements a day by eating foods with fiber. It is important to make sure that before you try to get rid of the parasites, they have a way to get out of the body. The most logical and easy way would be through the colon. If you are constipated and you try to cleanse, this could be painful and toxic. Cleansing foods are a good idea. Foods that contain sugars and carbs are going to certainly attract the parasites but so would unclean veggies and hands.

The list would include raw fruits with plenty of fiber, organic if possible, especially since during the cleanse you want as few toxins in your body as possible to minimize any headaches. Which ones? Just to mention a few: oranges, tangerines, papayas, prunes, figs, dates, apples, mangoes, kiwis, berries, etc. Prunes and apples will for sure do the job and if you have to eat fruit these two are the probably the best as we don't want to eat a lot of sugars and give the wrong message to the parasites to stay!

Second, Vegetables. Full of fiber. Please remember that once you start the Worm Out this is the BEST category to stay in with your meals as it will keep the colon moving and with the least amount of sugars. Eat them in smoothies, salads, steam them, mix them with eggs, along with meats and which one? Kale has become my favorite but broccoli, celery, lettuce, spinach, beets, corn, brussel sprouts, turnips, artichokes, parsnips, etc.

Third, Whole Grain Breads have lots of fiber. This is only if you have to eat breads and only at the start. I wouldn't recommend it, but it does have fiber. I find if I buy or make a loaf, I feel like I have to eat a whole loaf. All those carbs = sugar to the parasites.

Fourth, Nuts and Seeds. They are high in fat but they do have lots of fiber. Eat them raw, without all the fried oils and salts. Throw them on salads, mix them into the veggies. Almonds are the best by far, whole flax seeds, pine nuts, sesame seeds, sunflower seeds are great on salads, coconut if you want.

Fifth, Brown Rice and Whole Wheat Pasta. These are like bread for the most part, yes they have fiber. I said Brown Rice, not regular pasta and they don't have much nutrition but they fill you up, that's the problem, if you eat these you tend NOT to eat your veggies!

So eat your fiber – low-sugar fruits, leafy greens and salad, raw veggies, legumes, whole grains, etc. Drink plenty of water.

Step Three: Strengthen the Body to Prevent Reinfestation

After 10 days on the Worm Out, you continue to eat lightly and take a high quality probiotic. TriLight offers one in their Parasite cleanse [kit](#) (adult size) and also the Parasite cleanse [kit for children](#), and I chose to take Miessence's [InLive](#) or [FastTract](#) the whole time.

Since I was taking probiotics with the garlic and the Worm Out, I spaced out the actual ingesting of them so that I wasn't interfering with the garlic by covering it up with a probiotic right away and vice versa.

Keep off the junk food and drink plenty of water, and after 10 days on the probiotics, most people will need another 10 days of the Worm Out, then back to the probiotics.

I wondered how I was supposed to know how many sets of 10 days to complete:

The signs of parasites can be numerous but usually the one

that convinced you to start the program has gone away after one set of ten days on the Worm Out formula and then ten days off, ten days back on for a total of 30 days of controlled dieting and cleansing (so 40 days with the garlic too).

My Experience

Taking garlic capsules for ten days is not a big deal at all; the hardest part is remembering to do it.

Worm Out is a little more annoying, for a few reasons:

Liquid means you have to grab a spoon – I started just leaving the same one out on the counter with my bottle so we didn't have a spoonless household. Silly, but true. It tastes terrible, no joke. Just gotta be tough! Every 3 hours was just unrealistic for me. I couldn't keep it up. I lowered the bar and shot for 2-3 times a day, thinking that something is better than nothing.

As I mentioned, Worm Out did seem to constipate me, but I don't know that I was ideal on my "colon cleansing foods" and water intake especially. I noticed that very stinky, stinky, gas increased, but I can't quite remember if it was during or after the Worm Out regimen. Aren't you glad you read my thoughts in a book instead of in person now?

Probiotics for ten days was also easy, since that's part of a routine that's important to me and I've pretty much got it down so that I don't miss a day.

When it came time to start a second round of Worm Out, I admit – I chickened out. My back-of-the-neck rash was not getting better at all, and might even have been starting to get worse. I know that sometimes when curing something like this, there's a "die off" sort of reaction that means I'm winning the battle, but the symptoms are going to get worse first, then better.

The tricky, mentally exhausting part about self-treating and natural health is the questions, the not knowing. What if all this is a bad sign, that my body doesn't like these herbs, rather than a sign that I'm healing? I

didn't see any positive results from the Worm Out, and I started wondering: What if I don't have parasites at all? Is it possible I could do more harm than good?

I actually emailed my contact at TriLight Health and let them know how it was going and that I felt unsure about continuing.

I was impressed by their willingness to be part of the conversation, even though I haven't reached an "answer":

We ALL have bacteria, parasites, and viruses in our body, it's a matter of keeping them under control with strong immune systems and by having some choice of which bacteria we want to have that can be good for us in that – we're going to be populated, but with what is the question. If we do not choose, life will choose for us and we have all kinds of illness labels to describe them!

I was encouraged by a recent reader comment on Facebook:

I switched to a healthier diet 2 yrs ago, my little boys ate everything in sight and were always hungry!!! This spring I did a parasite cleanse with them, and was amazed at how much their hunger was cut down!! They are 7, 5, & 3, growing boys, but I knew they still were eating too much. So that may be something to think about, along with yeast/candida (we did a cleanse for that too.)

In retrospect...I wish I would have completed 10 more days.

A glass jar filled with a vibrant green liquid, likely aloe vera gel, is the central focus. The jar has a simple, rounded shape and is sealed with a natural cork stopper. It sits on a white surface, surrounded by fresh aloe vera leaves. One large leaf lies horizontally in front of the jar, while several slices of the inner gel are stacked to the right. The background is a clean, bright white, emphasizing the natural green of the aloe vera.

Skin Remedies

Candida Symptoms and Remedies

My story: I had a little rash/spot that had been itchy but not a crisis for a few years on the back of my neck. When it started spreading and covering the entire back of my neck, then around to my chest – yikes! It freaked me out and I knew I needed some help.

I went to both an MD and a naturopath, who said I had psoriasis and candida respectively. The MD prescribed a steroid cream (I didn't use it) and the naturopath approached it as an external sign of an internal imbalance.

What is Candida Anyway? What are the Symptoms?

Candida is a yeast that is part of our natural flora, which means it's present in our bodies naturally. In this case, both externally and internally.

The problem that is happening when people say, "I have candida," is really an overgrowth of yeast, which causes an imbalance and begins a domino effect of other problems. It's called "candidiasis" or a candida yeast infection.

Symptoms of candida include:

- acne
- brain fog
- athlete's foot
- cradle cap
- diabetes
- diaper rash
- eczema
- fatigue

- fungal nail infections
- heartburn
- joint pain
- migraines
- psoriasis
- respiratory problems
- sinus congestion
- thrush
- UTIs
- and more... [source](#) and [here](#)

Some say candida overgrowth and especially all these symptoms are literally a hoax, a relationship that doesn't even exist that natural health practitioners use to describe any skin ailment whatsoever. There is little clinical evidence that an anti-candida diet, for example, does any good with a candida yeast infection, or that these infections can cause symptoms beyond the visible, physical symptoms of a vaginal yeast infection or thrush in the mouth.

However – perhaps that's because there is little funding for clinical trials that don't involve buying a product or pharmaceutical to cure a disease.

I know or have heard of too many people who have mitigated or cured their candida symptoms with an anti-candida diet to believe that it's a non-existent problem.

Candida yeast feeds on sugar, which is a primary culprit as far as causes of overgrowth, along with antibiotics, birth control, steroids, and pregnancy.

I am getting a sneaking suspicion that our general gut balance as a nation is probably declining as the generations pass and our diets get worse.

It is likely that if I have a yeast imbalance of some sort, I passed that on to my children, even though we are all now eating fairly well. Since I never fully addressed/eradicated my candida overgrowth, I have children with eczema, cradle cap, etc.

I was formula-fed (mom tried, but it wasn't meant to be, and that's okay) and ate white sugar all my life, and if my kids, who were fully breastfed and ate very little white sugar (if any, depending on the kid) before their first

birthday, have issues with gut imbalance, what of the children of my generation who are sucking down sugary drinks and white flour munchies all day long from toddlerdom on? Then they'll pass their messed-up flora on to their own kids, who will feed that yeast overgrowth with more sugar, and won't it just keep getting worse? (Pregnancy can be one of the causal factors of candida too, by the way.)

I'm hoping to break the cycle in my own family, but not everyone has the knowledge or dedication to do so. (I'm still not quite sure if I do, as a matter of fact...)

Natural Remedies to Fight a Candida Rash

My awful rash was simply one sign that I was fighting candida internally, so just treating the rash would have been masking the symptom, but not addressing the root. Ironically, a naturopath would be similar to an MD in that they do look at most skin problems as a "one size fits all" issue – "the skin is trying to eliminate something from inside the body. What it is trying to eliminate and how it eliminates it are what determine how the skin appears."

I asked Dr. Kathryn the naturopath via email about her thoughts on psoriasis, because I was surprised to hear that diagnosis from the MD. She replied with the above quote plus:

In Psoriasis, the toxins in the bloodstream attach to cell receptor sites making the cells appear foreign to the immune system so it targets them for destruction at the same time triggering other hormones to increase skin cell growth. Thus you get the scales along with the redness and inflammation. Eczema and other dermatitis issues are more of the direct attempt at removal of toxins and pathogens. So you can see that in natural health we are going to address the toxins, acids, and pathogens in the bloodstream to improve the health of the skin. So it doesn't really matter what "name" it is given. The cause is still much the same.

Therefore, to fight the candida rash, we needed to address the internal issues. Anytime you want to kick candida out of one's system, you need a three-pronged approach against those toxins and pathogens:

Starve. Kill. Rebuild.

It's a bit less war-like than it sounds, but almost as fun as "you sank my Battleship!"

Fighting a candida rash naturally entails both internal and external battles.

One must:

1. Starve the yeast by depriving it of its favorite foods.
2. Kill the yeast overgrowth with anti-fungals.
3. Rebuild the flora with strong probiotics.

Step One: Cut Off the Food Supply

Candida is really quite **linked to sugar intake**.

When I saw a naturopath locally, she recommended **cutting table sugar** for sure and reducing sweeteners as much as possible, but also nixing not only refined grains, but **all flours** for a while. In other words, I could have oatmeal or brown rice, but not something made of brown rice flour or whole wheat bread. She didn't think omitting fruit was all that important, so I didn't worry about it.

Step Two: Kill Shots

Along with keeping the yeast organisms in a hungry, weakened state, you need to throw some grenades and gunfire at them as well, in the form of **anti-fungals**. I had been treating the nastiness on the back of my neck for some weeks with **lavender** and **tea tree** essential oils in a base of **coconut oil** and I was disappointed that it wasn't seeming to work.

Dr. Kathryn explained one of the more fascinating facts I learned that day (my paraphrase, since I lost all my notes somehow, arg):

The candida is always changing as it reproduces, and it quite quickly becomes resistant to whatever you're using to kill it. So if you already eat a lot of garlic, garlic might not be an effective defense for you. After 7-10 days of using a certain essential oil, you need to switch to another one or some herbal remedy in order to keep one step ahead of the candida yeast.

To get the upper hand in this battle, I used the following externally to fight candida on the skin:

- lavender and tea tree essential oils
- coconut oil
- fresh garlic in EVOO
- oil of oregano (oregano essential oil, in case that's confusing to you like it was to me) in a carrier oil – it would really burn without that!
- Pau d'Arco tea
- propolis, undiluted

And the following internally:

- plenty of garlic, raw whenever possible (I'd serve soup over a crushed clove of garlic in my own bowl)
- olive leaf extract capsules
- Pau d'Arco capsules
- Pau d'Arco tea with green stevia powder
- propolis – about 7-8 drops at a time

A bonus of a naturopathic appointment? I could get everything I needed to take care of my problem either in her shop or in my own kitchen. No extra trip to the pharmacy and back to pick up a prescription. Cool.

Last But Not Least: Rebuild and Repopulate the Soldiers

Probiotics – “good bacteria” – are your body's defense against both bad bacteria and yeast colonies. You need to give your system a chance to not only have enough soldiers to “win the war” while you're fighting off

candida, but also replenish the stores after the “kill shots” are finished to make sure you’re not leaving space open for more “bad guys” to take up residence.

Fermented foods are a great way to achieve this, as are probiotic supplements. Dr. Kathryn and I had a great talk about probiotic supplements and the soil-based organisms we were taking at the time.

For this war on candida, I nourished my “soldiers” with the following external applications:

- plain yogurt (yes, on my skin)
- plain water kefir
- sauerkraut juice

And made sure I was getting probiotics internally as well:

- fermented foods: water kefir, yogurt, sauerkraut, homemade kimchi
- probiotics capsules
- and then later, when I finally kicked it, stronger probiotics in liquid or powder form – totally whole foods, and still what our whole family takes today

Note on Killing and Building

Unlike the octogenarians you might know who take all their pills before breakfast with their handy dandy weekday pill containers to keep them organized, you don’t want to take probiotics at the same time as the anti-fungals (or any anti-bacterial or anti-viral treatments you might be taking to kill an infection naturally). They could honestly simply do battle against each other and cancel one another out before they help you any, so I always took care to have at least a meal or 2 hours in between the killers and the builders, both for internal and external applications. Yes, it was a lot of work!

Other Skin Maintenance

Since I had such a severe rash, I also took some steps to quite simply ease the itch and fix my skin by detoxing, being gentle to the skin itself, and

attempting to reset the pH of the skin.

Bentonite Clay for Detox, etc.

A few times I applied hydrated Redmond Clay like a facial mask but all over the rash, allowed it to dry about 30 minutes, then washed off. Holy COW did that itch!!!

The naturopath explained a little about the healing process and the role of histamines, so I knew itching was actually a positive sign:

Pain and inflammation are part of the healing process just as much as if you had cut your finger. White blood cells, T-cells, antibodies, etc. are actively working. Histamine is produced by certain white blood cells to help remove the pathogen using physiological responses such as sneezing, watering of the eyes, scratching, coughing, etc.

So the clay increased the histamine response, which in turn would stimulate my own immune system response even more (hopefully speeding up the healing). Bentonite clay also helps to detox and decrease redness, so it was a triple threat helper for my situation.

Modern medicine, by the way, treats an itch with anti-histamines and/or anti-inflammatories, which help the person feel more comfortable, but ultimately cripple one's own immune system and probably slow down healing in some cases. Embrace the itch! (But don't scratch; broken skin could cause a secondary infection.)

Apple Cider Vinegar Bath

After I visited the naturopath, the rash kept spreading, down my chest and arms. Gah. I won't say I didn't freak out just a little, but I remained determined to avoid steroid creams.

The recommendation was to take a lukewarm bath, every couple days or daily

if possible (that wasn't) with 1/2 cup of apple cider vinegar in it, then apply a thin layer of water-thinned-yogurt or kefir over my entire body, like a body armor, to protect against external invaders, just as the internal probiotic was protecting against internal bad guys.

Sometimes I would also include a palmful of the Redmond Clay for detoxing while in the bath, although instructions for that include very hot water. Eh. It was also relaxing to sit in the tub with a magazine – honestly, when's the last time you had time for something like that if you have young children? The fact that it was "doctor's orders" didn't hurt my feelings in the least, and reducing my stress was another weapon against the yeast overgrowth.

Gentle Treatment of Skin

I didn't use soap on my face or the rash area and did my best to let my skin breathe and get a dose of sunlight whenever I could. I really didn't wear turtle necks often at all but just subscribed to the "grin and bear it" philosophy – literally. Any moisturizing was done strictly with coconut oil. The advice from the naturopath was:

If you wouldn't put it in your mouth... don't put it on your skin. Excessively dry skin can have coconut or olive oil. Irritated areas should only receive the probiotic wash (the yogurt, kefir, or sauerkraut juice – and yes, my husband thought I was nuts with all this food on my skin!). Keep it dry and expose it to the sun for short periods of time.

As I watched the rash continue to spread I was disheartened at first with the natural treatments. We're programmed in our culture to expect immediate and logical results, as in: Take medicine, get better, symptoms go away.

In the world of natural health, it's true there are a good many counter-intuitive events, like "die-off" that makes you feel sicker but means you're getting better. In response to my concern, I received this from Dr. Kathryn:

The extent of internal pathogens is greater than we thought. Be encouraged that your body is taking action to destroy these pathogens. Eat as light and healthy as possible, rest when possible, drink plenty of fluids and let your body work.

And this later:

If the rash is moving and changing in severity then the body is actively working on it. The detox smell is a good sign that the body is eliminating waste material from the blood and lymph.

I had noticed that my armpits had a distinct “detox smell” which I recognized from a test I did with a detox deodorant. If you’re wondering what that smells like, it’s just really bad B.O. that you’ll recognize as different than your “average” sweat stench after working out, for example. That’s another counter-intuitive “good sign.”

Self-healing was a very difficult task for me, frustrating at times, feeling hopeless on one turn and empowered with the next, but although I hated it, I persevered. I changed up the battle plans and tools from time to time, continued to eat well and try not to freak out, and eventually, the rash started receding, in reverse order from the way it spread. It left my belly first, then my arms, then my chest and neck. The last holdout was the back of my neck, which thankfully was easier to cover up.

It was still evident in some form back there throughout the summer, and eventually I stopped fighting it hard. I just continued taking capsules of olive leaf and Pau d’Arco when I remembered and kept up faithfully with a probiotic every day.

The Final Kill Shot

It wasn’t until the fall that I truly felt like I had won the war (or at least been completely victorious in a battle).

You may know by now that I learn a lot more in the comments section of

some posts than I teach in the body of the article. When I was questioning publicly about probiotics last summer, Lacey of KV Organics, a longtime reader, chimed in with her experience of overcoming a recurring yeast infection with a certain brand of probiotics. We chatted via email and then eventually by phone, and she shared her journey to natural health with me. She even let me listen in on a call in August with the man who formulated the probiotics, and I was amazed at how much I learned.

At Lacey's recommendation, I finally tried **Miessence probiotics**, and it didn't take long for the rash to disappear completely, even better than it had been in two full years.

I didn't make any other dietary changes that I can think of, although the weather did of course change from summer to winter (I believe it was October when we got the new probiotics).

I had decided to finally take the plunge (they're expensive) because my husband's Crohn's Disease seemed to be flaring up again with diarrhea. We were skeptical but impressed when within 2-3 days, his symptoms also disappeared.

Learning to Take a Powder Probiotic

The Miessence basic probiotic is called **InLive**, and it's a green powder because it's made of food. You take about a teaspoon a day, and there was a definite learning curve, since it's not exactly tasteless.

I started by trying it in yogurt, but it was too gritty and full of taste. Gross.

The powder does hide great in smoothies, but we don't make one every day, and it was harder to regulate how much each member of the family was getting.

Eventually, I learned that for me the most palatable way to take it is to mix it thoroughly with a glass of iced water kefir, preferably lemon flavored, but cherry or pomegranate is okay too.

Miessence sells a gluten-free version of the same probiotic that is a **liquid**, and on our second round, we ordered a bottle of that – it's much quicker to take,

since I don't have to mix it with anything, and my kids actually like it (they think it tastes like pop!).

An Anti-Candida Diet

I have no trouble going grain-free completely, now that our family has worked through that challenge a number of times, although, as with any elimination diet, it wasn't easy at first. (Don't let anyone tell you it will be.)

What is interesting to me is that on the candida diet, I could actually have grains, as long as they were whole grains. It's the fruit, dried fruit, and cheese that I'd miss. And honestly, the fact that the anti-candida diet says not to have any leftovers older than 3 days and only 6 eggs a week means that I'd have to change my meal planning significantly, and it would be one more hurdle.

It's not that I couldn't do it...it's just that the rest of my family's needs have been surpassing mine most of the time.

So I guess we're still technically in the middle of the story.

Also, the rash did not come back (phew!). Every so often – and I haven't written things down, but I do think it's more likely after a compromise weekend or party – the back of my neck starts to feel ominous. It's like my litmus test or signal that I've cheated too much. But thankfully, it's never gotten worse than that. I have continued to take Miessence probiotics regularly and share them with friends who run into digestive issues, too.

The ominous spot never completely went away until after we did the most radical diet we've ever tackled, Gut Thrive in 5 – but that's another chapter of the story entirely.

Wart Remedies

My story: In 2011 I had a wart on my face frozen off. When a new wart appeared in the same place a few years later, I decided it was time to try some home remedies instead of going the cryotherapy route again. My naturopath explained that a wart surrounds the virus with a protein coating, rendering it invisible to the immune system, which is why our own immune system can't fight it. Weakening that protein using essential oils was her line of attack to get rid of a wart, with the goal of allowing my immune system to get at the wart and do its job properly.

I applied undiluted [tea tree, clove, or Frankincense essential oils](#) when I thought of it (it was supposed to be 2x/day). If I were to do it over again, I would dilute with a carrier oil, but I had been in the care of a trained naturopath – so don't take my word for it. Essential oils are too powerful to just use without much knowledge. I also applied bentonite clay at night (when I thought of it), let it dry overnight, and picked it off in the morning.

[Plant Therapy](#) now sells a [pre-diluted roll-on bottle of a Kid-Safe wart removal synergy](#)! It doesn't get easier than that, and I love love love that Plant Therapy offers so many Kid-Safe oils. Hooray!

Bringing in the Big Guns

It was not until I started using [propolis](#) regularly in conjunction with the clay that I really started winning the battle instead of just holding my ground.

I had purchased some propolis, otherwise known as royal bee jelly, from [Trilight Health](#) with my last order, for two reasons:

1. It seemed like an incredibly versatile natural remedy; check out all the conditions propolis can work with:

arthritis, acne, asthma, bleeding gums, the common cold, rashes, diarrhea, eczema, flu symptoms, hay fever, hair loss, joint stiffness, any type of inflammation, sore throats, stress, toothaches, ulcers and warts. The amazing thing about propolis is that it has so many healing properties. It is an anti-fungus, anti-inflammatory, antiseptic, and antibiotic.

2. **Propolis** is used in drops, not teaspoons, so it's awesomely inexpensive. My 2-ounce bottle is still half full, and I've used it internally and externally for all sorts of things.

When I decided to really get rid of the wart once and for all, I focused on using propolis at least once a day. I would just put it on when I took my other supplements for the day.

I used propolis in conjunction with the bentonite clay on the facial wart overnight, and it really seemed as though the wart, which I now knew was called a filiform or digitate wart, was getting smaller.

I'll admit – I'm a picker. I picked at the wart absent-mindedly – and with a vengeance and a purpose! – during the day. I was happy that the Redmond Clay would peel off bits of the wart when I peeled it off, dry.

Then one day, when I took off the clay, the whole thing came off.

I was excited, but skeptical. I knew from experience that it would probably keep growing back the next day, so I kept up the propolis and clay a few more days.

It was like a miracle the day I realized it was gone, that my skin was flat and clear. I assumed it would come back, but it didn't.

Does the Wart Home Remedy Work for Everyone?

I can't say for sure, but here are my other experiences using these wart home remedies:

When my daughter was 4, we used a drop of propolis every night (with

nothing else) on a small wart on her forehead. As with my battle, it took time to feel like we were taking steps forward without steps back, but it did disappear completely with only propolis.

When she was 6 we battled a quite ugly and quite large wart on her thumb, right near the nail, for quite some time. We used propolis, clay at night, and some essential oils, but it's really hard to remember to do something daily on someone else's body when it's hard enough to remember for your own face! So we weren't incredibly consistent about doing anything on a daily basis. We'd see little black spots and say, "We're winning!" and it would decrease in size, and then we'd get lazy and miss a lot of days and it would seem to get bigger again.

At her well checkup a few months into the battle, I was very pleased that the doctor said it was "dead" and we could file it down and try to get it to fall off. The doc also confirmed that warts are notoriously hard to get rid of and that even a dermatologist might not be able to get it in one try. We used a nail file from time to time and continued a very scattered regimen of clay, mostly, when we thought of it.

And one day...I said, "Where's your wart???"

It literally fell right off, I guess, somewhere. This thing was about 2mm x 2mm and at least a mm tall as well. And now it's gone! I love it when a natural living plan comes together (and when I don't have to subject my sensitive little girl to a dermatologist freezing her wart off, which probably would have traumatized her for all doctor's visits for the next five years).

A couple years later my son had a large wart on his little toe and we tackled his with Plant Therapy's Kid-safe "[No More Warts](#)" roll-on. Although it took about 3 months of (almost) nightly applications of the roll-on, it eventually fell off and didn't come back! Had we been more consistent or used the remedy twice a day, I think it would have been quicker.

You CAN kill a wart naturally, but it takes patience.

Summary: How to Get Rid of Warts at Home, Naturally

No need for expensive dermatologist appointments, pain, or chemicals (or duct tape!). **Here's the short version for the warts home remedies:**

1. Apply an essential oil like tea tree, clove, or Frankincense two times a day to begin to weaken the protein around the wart or use this **pre-diluted roll-on bottle of a Kid-Safe blend**.
2. Apply a drop of **propolis** to the wart once or twice a day. (Vital to success!)
3. Smear a bit of hydrated bentonite clay on the wart before going to bed; allow to dry overnight. Peel off in the morning.

What I love about this home remedy for warts is that it's such an easy application, and painless, and natural – and fairly inexpensive, especially since you can use every component of the regimen for numerous other purposes, not just warts.

Plus, I don't have to wear duct tape on my face.

I was pretty excited to find a real, **effective, natural way to get rid of warts** that didn't cause undue embarrassment in public.

The only fashion hazard of this method comes in if you forget to wash the clay off your face before you walk your child to the bus in the morning...

Itchy Bug Bite Remedies

A reader asked the question recently:

“Do you have a home remedy or natural remedy for mosquito bites?”

Of course with four kids, we have some ideas for that:

You bet! I like to use hydrated Redmond Clay myself, which you can do DIY by buying the dry clay or buy a ready-made tube, nice for on the go travel. (I've had bad luck with home-hydrated clay getting musty or moldy, perhaps because the jars I use aren't 100% clean? I'd spring for the tube, personally. It lasts a loooooong time!)

You can also go super simple and just make an “X” over the bite with your fingernail. It actually kind of works to make the itch go away! One or two of the natural insect repellents I tested can also be used as an itch reliever.

I shared the reader question on [Facebook](#) as well, and I can't tell you how excited I am to now have this awesome list of remedies from the wise women in the KS audience.

The answers fell into five general categories of battle plan, from the scientific (usurping your body's natural pain receptors) to the old-fashioned home remedies that seem as random as rainfall – but probably work! Ask your grandmother...

Tricking Pain Receptors to Overcome the Itch

A few people suggested utilizing one's pain receptors to overcome the itch – basically overloading on minor pain so you don't feel the itch anymore:

Heat up a cup of water and dip a metal spoon in it. Touch the hot spoon to the bite. Supposedly it breaks down the stuff that make you itch.

(not recommended for children).

Hold a blow dryer over the spot until it heats up and gets painful (not burning, obviously). At first it will itch more, but once the pain receptors begin to take over, the itching is gone for hours. Often you only need to do this once or twice (hours apart) before the bite goes away completely.

Essential Oils on Bug Bites

Try one of the three [essential oils](#) KS readers suggested:

Peppermint essential oil takes the swelling down right away and the itch disappeared too for me.

I use either [tea tree oil](#) or [lavender](#) essential oil for bug bites. Always dilute tea tree or peppermint. A dab of straight lavender essential oil works wonders! Takes away all itching.

And for the DIYers out there, here's a [homemade anti-itch remedy using essential oils](#) from Joy in My Kitchen.

Note: Anytime you're using essential oils, do your research. Some are not recommended for children under two (like [eucalyptus](#)) or pregnant/nursing women (like peppermint) – just because they're from plants doesn't mean you can use them with abandon. Most of them need to be applied with a carrier oil, for example, not straight (called "neat" in the EO world).

EOs are powerful little treatments, but you need to know what you're doing. [This source](#) was very eye-opening for me. Also, many people may have read to avoid lavender and tea tree oils, especially for boys, because they're estrogenic. One of my favorite blogger researchers [demonstrates that they're not](#).

Plants and Herbs

If you fancy yourself an herbalist, backyard gardener or homesteader – or if you just want something you might be able to find in your own backyard for free – you'll love this simple itch solution that also often reduce redness and swelling if you or your kids have a particularly rough reaction with insect bites.

"We have issues with major swelling, redness and itching on our kids if they get a bite. What's worked for us is a plantain [salve](#)." (There are many options for purchase, including a few we have in our home from Rainwater Farms and both the Healthy Skin Salve and Creature Comfort from Graham Gardens, and of course there's always something on Amazon, just be sure to check the other ingredients). Plantain weed grows all over (not the banana-like fruit from the grocery), so you can probably find some and [make your own salve](#) with plantain infused oil, beeswax, and vitamin E (Google for recipes) or a poultice – just chew it or mash it and put the leaves directly on the inflamed insect bite.

A reader says: "My son loves to find plantain, chew it up and stick it on bites himself. Plantain is a weed that grows just about anywhere and is free. No burning vinegar or hot spoons required and completely natural." (Note: Hosta is also referred to as "plantain lily," but this does not seem to be the medicinal herb.) More info: [1](#), [2](#), [3](#), [4](#)

Old School DIY Home Remedies

You'd be likely to find these natural remedies (or sometimes not so natural, but simple and quick nonetheless) circa 1950s and before or in a book about what your grandmothers did that still works. I love the variety, much of which you can find in your kitchen — in the words of the readers:

"My grandma used the meat tenderizer on bites."

"A trick I learned from an Indian momma — just make a paste with salt and rub it on. Works!"

"Epsom salt can ease the symptoms of mosquito bites. Make a compress by

soaking a washcloth in cold water that has been mixed with Epsom salt (2 tablespoons per cup of water), then gently apply to the bite area. Plus **plenty of other (larger) uses for Epsom salts** to ease summer ills, in case this doesn't seem like it will use up a whole bag."

A glass bottle filled with a vibrant green liquid, sealed with a natural cork stopper. The bottle is surrounded by fresh aloe vera leaves, some of which are sliced to reveal the clear, gelatinous interior. The entire scene is set against a clean, white background. A white rectangular box is superimposed over the center of the bottle, containing the text "Child Remedies" in a green, sans-serif font.

Child Remedies

Croup In Kids And Babies Remedies

What is Croup?

According to [Mayo Clinic](#),

Croup is an infection of the upper airway, generally in children, which obstructs breathing and causes a characteristic barking cough.

What is, I think, confusing to some people is that croup isn't a "germ" in itself. You can't "catch croup" exactly, because croup isn't contagious. Croup is going to start as some sort of virus, including the common cold (sometimes but not often a bacterial infection), and if the vocal chords, windpipe, and bronchial tubes become infected and inflamed (swollen), they cause a cough that sounds like a seal barking.

Croup is often also marked by a high-pitched whistling sound on the breath, called "stridor." It is more common in children and babies than adults, and most outgrow the tendency toward croup as they reach middle elementary.

Natural Croup Treatments and Remedies for Children and Babies

Even that Mayo Clinic snippet says that most croup symptoms are mild enough to be treated at home.

By far the most common natural remedy for croup is to go outside and breathe very cold air (in warm climates, open the freezer and stand in front).

Parents with experience say to just bundle them up and sit outside for as long as you can stand it, or drive with the windows open.

Second runner up for home remedies is the steam treatment. Many said that any steam needs to be followed by the shock of the cold air or it won't be as effective (or at all).

For any respiratory infection, we like to use essential oils such as the ones in the [Sniffle Stopper offered at Plant Therapy](#), either on the chest, in a vaporizer/diffuser, with the steam treatment, or all three. [Plant Therapy](#) also offers [Sniffle Stopper in a pre-diluted roll-on](#) that is super convenient.

Here is an amazing round-up of reader ideas for treating croup in children and babies naturally from the KS community (remember to take any advice as you would from a friend or acquaintance, not as from an expert! There is certainly a time and place for steroid treatments, as many readers echoed in [the thread](#), and you need to be ready before your baby is starting to turn blue because they can't breathe...)

- Warm compress on chest (with oils if available, [eucalyptus](#) and [peppermint](#) are important for opening airways, mixed with a carrier oil). Note from a reader: peppermint EO should not be used in children under six, and eucalyptus is not good under 10... "[Fir Needle](#) (or any spruce or pine EO aside from Ponderosa or Huon Pine) and Spearmint are much safer alternatives)."
- Humidifier/vaporizer in room (cool air style recommended, sometimes two in one room)
- Popsicles to cool the throat directly (here are some [homemade popsicles](#) with zero sugar)
- Children's ibuprofen to reduce swelling at night, not natural but probably preferable to steroid treatment or a hospital stay
- Thyme essential oil in a steam tent (a towel over a parent and the child while running hot water in the sink with the oils) Check with a professional about whether these oils would be safe for your age child or not. [See my post about kid-safe essential oils](#) and find out what "[kid-safe essential oils](#)" means.

- Elderberry syrup (one homemade version [here](#)) is said to be really good for both general immunity boosting and upper respiratory support.
- Peggy from [Local Nourishment](#) shared these gems:

Mustard plaster (1 tsp dry mustard powder, ¼ cup any flour, enough melted coconut oil to make a paste) spread on a bandanna and tied around the throat gently. (Tie the mustard plaster within the fabric so the paste doesn't touch the skin!) Remove if the skin becomes bright red, some redness and warmth is normal. Homeopathic Aconitum 30 every hour (which is usually enough to do it) followed by Spongia Tosta if needed.

- "Bone broth only for meals unless the child is very hungry as overeating can bring on an attack."
- Some very specific homeopathy instructions [here](#).
- Croup symptoms tend to get worse at night and are nearly gone during the day, but they may come back at night – keep up your guard and your natural treatments...
- "Lobelia extract is supposedly the number one herb for asthma and breathing issues and mullein is also good as a tea or to breathe the steam."
- TriLight Health's [Lungs Plus](#) includes many helpful herbs and has been a helpful tool for at least one reader.
- Keep the child calm; crying increases the coughing. If you have a regular natural remedy for calm, including homeopathics or even just sitting on the couch watching TV to distract the child, try it!
- One method is to use an extra pillow to slightly prop the child up and instruct them to breathe in through the nose and out through the mouth slowly. "Apparently, this helps ease the spasms that keep the cough going..."
- Water, chamomile tea, honey, and lemon juice would all be helpful, too. (Some kids drink a lot more tea if there's a bendy straw involved, apparently...)
- Elderberry to help dry up the congestion.
- Sleeping with a window cracked a bit (when it's cold outside).
- "Similisan makes a homeopathic [cough syrup](#) that is awesome for croup!"

- Here's a great post from Simple Life, Abundant Life on [natural remedies for croup](#) that I stumbled across.
- Kali Mur, the homeopathic remedy, worked every time (according to one reader). It didn't cure the cold, but it stopped the croup.
- Always important reminders from someone who's been there:

Just be careful about assuming it's simply a virus that has to run its course. That might be the case for some, but not all. Before we realized our dd had severe allergies as well as significant asthma, she tended to come down with croup on a fairly regular basis. We always started with moist air, cold air (outside at night for short amounts of time), but would take her in if there were changes in breathing (more stridor), color (pale, grey/blue), etc. At one point her lung function was down to 24%, not something you want to mess around with at home. There's definitely a time and place for natural remedies, but I sincerely believe that goes for medical care as well.

The consensus seems to be that when you hear the "stridor" of really high-pitched, labored breathing or see any change in skin color (blue), beat a path to the ER right away. "Kids crash fast," says one RN and mom of a "crouper" – so be proactive and ready even if they're acting well.

But Why so Much Croup?

That was my initial question, because croup wasn't a common problem that I remember from my own childhood. I didn't really get an answer, but apparently some kids are just prone to croup symptoms. If they've had a serious respiratory infection in the past, like RSV as an infant for example, they may just be more prone to infection settling in when they get a cold.

Asthma or allergies may be other exacerbating or causal symptoms.

Harnessing Your Natural Health

Keep in mind that as with any natural solution to an illness, certain remedies may work wonders for some and not at all for others, especially when you start talking [essential oils](#) and homeopathies. That's one reason you'll often see a list of possible options, and you may need to try a few to see what fits your child's physiology.

Safety Notes

It's important to know enough about essential oils to be safe with them! I learned a TON at [this very helpful post](#) and you should read it too, especially about eucalyptus, cinnamon, and peppermint for children.

I've also recently learned not to use homeopathy and EOs at the same time, for example, which is something desperate parents need to know when presented with a huge list of remedies like this post. Just be sure not to use a remedy (or multiple remedies at once) and forget to treat them like medicine just because they're "natural" and you read about them on some blog somewhere.

Ear Infection Remedies

An ear infection is not something to be taken lightly. They are really, really painful, as I learned when I got my first (and only) ear infection as an adult when my son was a baby.

Home Remedy for an Ear Infection

When my son had an ear infection, I crushed a clove of fresh garlic for each foot and put it in his socks, much to his dismay. And yes, it felt a little like voodoo. Would you do?

Note: Many folks have since told me that raw garlic can be pretty intense, almost abrasive, and that I'm lucky it didn't hurt my son's skin. Yikes! I would cut it with oil to do this again, but now I've purchased some garlic oil from a health foods store that I use instead.

I crushed more garlic and warmed it with **extra virgin olive oil**, allowed it to cool to just above body temp, and poured a few drops in his ear. We sang the ABCs twice and he tilted it out. We did that about three times throughout the day. Voodoo? Not quite. **EVOO** and **garlic** both have antibacterial properties, and anecdotal evidence confirms that the warm oil also takes away the pain in the short term.

I also wouldn't let the poor child drink his milk after a Twitter friend mentioned avoiding dairy to avoid ear infections and remembering that one of my milk group ladies doesn't let her kids have milk when they have colds.

Our house – and my son's head – smelled like a posh Italian restaurant all weekend. But no one was waking up in the night with an earache, praise be to God.

So, my husband may joke that he's never heard of someone curing an ear infection by pouring FOOD in their ears, but the medicine remains on the kitchen table while the food in the ear and the socks seems to have done the trick.

I Know More Now: My Experience with Home Remedies

Two years and two more ear infections later, this is what else I've learned about battling infection naturally:

- USE THE GARLIC (Here's a recipe for [garlic-mullein earache relief oil](#), which you can make without the mullein if you don't have any.
- Warm compresses for pain are the very quickest form of relief. Try a microwavable heat pack.
- Ruptured eardrums are ok – they may increase the child's risk of needing hearing aids when they're elderly, but it needs to happen multiple times to cause that kind of scar tissue. It's blessed relief when they rupture, actually, because the pressure releases and the germs can come out.
- A friend swears by Hyland's homeopathic ear drops. Check your local stores as this item can be found in big box shops like Meijer.
- The same friend uses olive leaf extract to fight infection, recommended by "her crunchy nurse practitioner friend" and says it's amazing. (8-10 drops for a toddler, half that for infant, mixed in OJ because it's yucky tasting).
- Another friend tried [Trilight's ear drops](#), a company I trust, and I really like them. You can put them inside the ear (but never if there's any draining!) or on the outside, and that's a nice choice for the parent *and* the child, especially if they don't like the idea of something going IN the ear.
- A reader recommended mullein.
- Another friend swears by "onion juice," which I believe is just food processed raw onion, dripping the juice right into the ear. Don't quote me on that one. Others say to bake the onion for 30-60 minutes and then squeeze out the juice, or to put the baked onion cut in half, wrapped in fabric, on top of the ear, not inside.
- Get an otoscope so you can confirm the presence of an ear infection and watch it dissipate. It costs less than one visit to the doctor, especially if you include gas.

- Many readers are saying that chiropractics prevent and heal ear infections (and more) better than anything else out there. Body work helps the lymphatic system to drain properly and provides a lot of relief. It's "on my list" to find a good natural chiropractor.

My final wisdom for you on ear infections is this:

Be prepared. The time to buy a few natural remedies is now, not when your child wakes up in the middle of the night with ear pain. I recommend:

For ears specifically:

- Get an otoscope
- [Hear no Evil](#)
- [Lympha rub](#)
- Hyland's homeopathic ear drops (remember not to use at the same time as EOs)
- or supplies for a homemade [earache natural remedy](#)

For general infection fighting:

- some basic essential oils, including tea tree and oregano
- [Scout Out](#)
- [Propolis](#)
- Recognize it. If your child is waking up more than once an hour throughout the night, whether they complain of ear pain or not – if they don't throw up by morning, they probably have an ear infection, especially if they've had any sort of cough or runny nose in the last week.
- Hit it early. Don't wonder if you should use something. As soon as your child wakes up or can't sleep because of ear pain, hit it hard and fast!
- Wait until morning to consider the doctor's. There's nothing a doc can do for immediate relief in the middle of the night anyway. (caveat: Unless there's a serious reason and your gut says go! Don't be overly stubborn just to be stubborn and avoid modern medicine. There's a place for everything.)
- Know that any improvement means the body is still fighting. Don't despair; natural means often take longer than quick-fix medicine, but they should have far fewer negative repercussions.
- Give yourself some grace. If the only conventional medicine you give for an ear infection is a children's pain reliever, you're doing just great.

- Pray. The Lord loves your child even more than you do, and you are also His beloved child. Ask Him for help in decision-making and trust that whatever happens, He is sovereign.
- *Check out [our resources page](#) just for this book to help source these remedies.*

Don't do as I do and throw a fit if you do end up with antibiotics. Just continue to trust, pray, and give [probiotics](#) to your child for at least a few months.

What if you're already using antibiotics (or end up filling the prescription after the natural remedies don't seem to be cutting it)? Then you switch modes to damage control. Antibiotics are sometimes necessary, but that doesn't change the fact that they're nasty for the body. Here's how we [recover and rebuild after an antibiotics regimen](#).

Constipation Remedies for Toddlers

Here is an incredible collection from real parents of how they've helped relieve constipation in their little ones with (mostly) natural home remedies.

Foods Helpful for Toddler Constipation:

- Drink more water (no sugary beverages)
- Coconut Oil (add 1-2 tsp. to a smoothie, oatmeal or toast, drink coconut water)
- Eat real fruits and vegetables (pears, peaches, blueberries, kiwi, dandelion greens, chickweed, pineapple)
- Fermented dairy and traditionally prepared grains (kefir, yogurt, sourdough)
- Juices (plum juice which is less harsh compared to prune, fresh squeezed orange juice, kraut juice, pickle juice, pineapple juice, white grape juice)
- Aloe juice – 1 tsp. with water daily
- Coffee (many people say a few sips is all it takes)
- Cooked steel cut oats (add fruits to flavor)
- Blackstrap Molasses (add 1 Tbs. to warm water daily)
- Fermented foods with every meal to have good gut health
- Kombucha
- Ground flax in yogurt or smoothie
- Drinking raw milk
- Popcorn (as an unexpected food – helps to move things along)

Constipation Supplements Helpful for Children:

- Probiotics (GutPro probiotics, Garden of Life RAW probiotic powder, vary brands and strains, Miessence Powdered Probiotic)
- Magnesium (Natural Calm Magnesium Citrate, magnesium lotion, "Ease" magnesium spray – put on bottom of feet before bed) [Read here for a special magnesium made just for kids](#)
- Natural Vitality Natural Calm (Magnesium Gluten Free and Vegan)
- Gripe Water or Colic Calm
- Wellements Baby Move
- Fiber Gummies
- Smooth Move Tea
- Liquid Herbs
- Tummygize
- Mightyzymes
- Castor Oil Packs
- [Check out our resources page just for this book to help source these remedies.](#)

Other Ideas for that Poor Constipated Little One:

- Lots of exercise (Rebounding, a fancy word for jumping around on a trampoline, is a way to get the lymphatic system moving which apparently also gets the bowels moving quite efficiently).
- Good gut health
- Provide a step stool to allow for "squatting position" (or the official "Squatty Potty")
- Figure out food sensitivities (dairy, gluten, etc.) and eliminate those problem foods
- Nursing Moms – note what you have changed in your own diet that could be affecting baby
- Chiropractic Care – time for an adjustment?
- "It's No Accident" – book and Facebook group with great ideas
- Buy a "special" water bottle of their very own to encourage drinking

- Epsom Salt baths (1 cup Epsom salt added to bath water)
- Cut out sugar and sugary beverages
- Watch their diet (are they becoming redundant eaters?)
- Homeopathic Remedy (Nux Vomica)
- I love you belly rubs (I'm guessing this is just a fun way of saying you'll give them a belly massage – I am pretty sure a rainbow arc from left to right as you're facing the child and then a swipe in the same direction across the bottom is the proper direction to assist the colon, but again, you may want to seek further advice on the best way to do the belly rub)
- Avoid dry snacks (crunchy grain-based stuff!)
- Veriditas Botanicals – Digestive Massage Tonic (for cramping relief)

I'm thinking that for little ones in particular, making time and space for a good bowel movement first thing in the morning is a really important tip.

"Poop early, poop often!" ;)

Nighttime Bedwetting Remedies

I bet you'd never think constipation would have anything to do with bedwetting at night – but it might. I couldn't believe how many people struggle with constipation in their toddlers, and it's possible that those solutions will help the nighttime potty accidents as well!

How Common is Bedwetting in Older Kids?

My story: A quick Google search told us that about 12-15% of kids were still bedwetting at age six, and 5% still at age nine, but when it became an issue for our daughter and family, we started digging deeper.

We read that gaining nighttime control later often ran in families and can be a result of the child growing faster than their bladder can keep up. It's not laziness, but could be because of super deep sleeping, stressful situations, or getting wires crossed between the bladder and the brain.

We tried the basics:

- limiting fluids from dinnertime onward
- waking her up at 11 p.m. or so to go potty
- watching her stress levels to try to find some correlation

We even reviewed Super Undies, basically a cloth pull-up for big kids, hoping that feeling wet would help, but (a) it didn't, (b) she didn't like the bulk and began to get more agitated about social issues and other kids finding out, and (c) we realized that you really need to have another child in cloth diapers to make nighttime Super Undies work – they say you can just wash them with regular clothes or towels, but without the second rinse, increased agitation and hot-hot water of the cloth diaper routine, they started to stink.

How Do We Stop Bedwetting??

Online sources tell us that bedwetting in older kids is common, even "normal," that kids will eventually outgrow it.

A friend of mine had an older boy who was still wetting the bed, and her pediatrician told her it can be caused by a hormone that's just not kicking in and simply doesn't in about 10% of kids, and that he'd for sure be dry at night by puberty. (That's a long time to wait!)

Standard recommendations to fix bedwetting sooner include:

- limiting fluids
- using a nighttime bedwetting alarm
- prescription medications, typically for kids older than age seven

Sources: [1](#), [2](#), [3](#), [4](#)

But most parents will tell you "limiting fluids" is just a panacea and a power struggle waiting to happen.

The alarm was a discussion for our family, but my daughter was very opposed to the idea. And prescription meds? We're not that kind of family. ;)

We finally heard a talk by a pediatric urologist who specialized in daytime potty accidents and nocturnal enuresis (bedwetting issues).

Dr. Steve Hodges' extensive research, logical thinking and easy teaching style are great. His answer to the whole problem knocked our socks off.

We never saw it coming, but the good doctor pins constipation as the cause of almost all potty accidents after age four.

Constipation!

I never would have suspected that one's bowel movements could be so tied to bladder control, but the basis of the theory goes like this:

- Once kids are potty-trained, they get busy, get distracted, like to keep playing, and therefore forget to go potty enough, especially poop. When they're holding their poop in, they get constipated.
- Because there's always some poop in the colon, even at the end where it's supposed to tell our bodies, "Hey, you need to go now!" the colon physically stops feeling it. The body turns off the sensation because it can't handle giving constant "poop now" instructions and being ignored.
- This can cause poop accidents during the day, by the way, but it also puts pressure on the bladder, thickening the wall of the bladder, decreasing its overall size, and also interfering with some of the bladder signals to the brain.

Could You Fix Nighttime Wetting with ONE Simple Solution?

The bottom line according to Dr. Hodges is that if you have an elementary aged nighttime wetter, if you can get your child's bowels cleaned out and then help them avoid further constipation by making sure they go regularly and don't "hold it," you can almost always cure bedwetting problems (and daytime accidents) within a few months.

He says if kids weren't constipated, he'd hardly have any patients visiting his clinic at all!

More Information from Dr. Hodges on Kicking Potty Accidents to the Curb

Notice that I refer to other sources like doctors – because I'm not one! This is in no way intended to be medical advice, just sharing stories.

Dr. Hodges has two books, one for parents and a picture book for kids, that you'll want to check out if you're struggling with nighttime wetting (see our [Resources page](#) for this book for all the info).

Our Experience with Enemas for Nighttime Wetting

The main thing the doc recommended was **nightly enemas for a month** to get

the child cleaned OUT, and then reducing low-fiber foods like white flour and such, and mostly just **reminding them to go often** and to make sure they attempt a bowel movement and not just rush through urinating and get back to playing.

We used pediatric enemas for 30 days – you can easily find them on Amazon but we grabbed them from our local Walgreens. They look like tiny syringes, not the poke-you kind for shots, but the kind that you can use like an eye-dropper to draw up liquid and shoot it out.

They're pre-filled with some saline solution that seemed innocuous to me.

Each night for a month, I used a little coconut oil on the tip, inserted it a centimeter or so into her bottom, and squeezed the liquid inside her. We sat and read on her bed for about 5 minutes and then she'd run to the bathroom, and it worked every night to get out a bowel movement.

Did she hate it?

Yep.

You bet.

Lots of crying from her and second guessing from me on the first few nights!! She was motivated to be DONE with diapers though, so we kept using that as a, "We gotta try something big, you can do this..." encouragement.

After the first few, it was just "mommy and me" time and we both handled it fairly well – although **it would have gone better had we seen some results!** I think even my daughter started getting discouraged after a few weeks with still nary a dry day.

We're stubborn people and we love a good test, so we gave it the full month. And who knows? That may have been the beginning of her healing, or perhaps the genesis of her being more aware that holding it when she needs to go, either urine or stool, may impact her night wetting.

Or it might have been a failure.

If I were to tackle constipation as the root cause of bedwetting again, **I'd start**

first with the natural alternatives to beat constipation discussed earlier in this book, especially this topical magnesium formulated especially for kids or this oral one that is an ideal substitute for Miralax.

I would NOT recommend using Miralax, especially daily. There have been all sorts of reports about how bad that is for kids – you can Google it yourself, but suffice it to say it's not passing my kids' lips.

The End of our Bedwetting Story

Spoiler alert: I'm telling you the end of the story at the beginning!

About one year after seriously embarking on being dry at night, we DID find success.

We used 3 distinct remedies, so who knows what worked – the human body is so complex, it's always possible her switch flipped on its own. It's possible she needed all 3. Or perhaps just the last one was the magic button!

Up Next: Chiropractics or Homeopathy?

Our next step was going to be chiropractics (I had a hunch she might have had low adrenal function too), but I came across a homeopathic protocol that mothers were raving about. I figured **homeopathics would be a much less expensive and time consuming route** with no driving 3x/week for appointments, so we started there.

The first remedy we tried was a **Banerji protocol** that was actually formulated from the gonorrhea disease – so it's a bit “out there” even among homeopaths. We worked with a practitioner to make sure we did it correctly and safely, but – another spoiler alert – it didn't (quite) work either.

How Homeopathy Works

Before I explain the “quite” part of that last statement, it's important that you understand a bit about how homeopathic remedies are designed to work. This is all information I learned from a personal source, so I don't have citations.

In homeopathy, “**like heals like.**” Homeopathy helps your body recognize that

something is wrong - like a dissonant note - so your body can correct it. For example, a remedy for the runny eyes one might get in hay fever is made from onions, because onions make your eyes water. A little bit of “crying” can stimulate your body not to “cry” with the hay fever – or something like that! Believe me, this conversation fascinated me.

The remedies are extremely diluted. A “30c” remedy means that one drop of the homeopathic remedy was diluted in 99 drops of water – then a drop of that is diluted in 99 more drops of water – and that’s repeated 30 times!

What you’re left with is almost just a hint of what you started with, and that is applied to the outside of a tiny ball of sugar, which is administered under the tongue for quickest absorption. According to one of my sources, you’re not supposed to touch the outside of the little balls because of that – you’d potentially rub the remedy right off. However, another source says you can't actually rub the remedy off - so while you should probably avoid handling them a lot, I wouldn't stress too much if you have to touch one to get it into your child's mouth.

Most of the time, homeopathy is very very safe, and even using the wrong remedy won’t do any harm. Sometimes, however, certain individuals are going to respond more strongly to the “wrong” remedy. **One should try only one remedy at a time** and wait 4-6 weeks before re-evaluating.

Best option? [Find a local registered homeopath](#) to work with one on one.

Our Story with Homeopathics for Bedwetting

We used a Banerji Protocol from [JoetteCalabrese.com](#) after speaking with a team member, and at the time the Medorhinum wasn’t even commercially available (but it is now, on Amazon!)

The Banerji Protocol for Bedwetting is Meddorhinum 200C, one pellet, once before bed. When the bedwetting stops, stop the remedy.

It’s a very strong remedy and had mixed results, which apparently in **homeopathy is exactly what healing looks like** – two steps forward, one step back. Any positive results are good results! And it’s possible we should have kept trying, but we ultimately switched it up.

This would be an important time to remind you that I'm just a mom – not a doctor, naturopath, homeopath, nurse, or anyone important. I am just sharing what finally ended up helping for one child in our family, because I get it – you're grasping for straws and willing to try anything. I was there too, and I can't NOT share with other mamas and kids in need. But please don't take this as medical advice, and I can't be held accountable for anything that does or does not happen as a result of me telling our story here.

Here's a big overview of how the first remedy went:

1. After just over a week, she had her first dry morning! Rejoice!
2. But wet the next morning... still hope though.
3. A few days later, we had a dry day and I told her she could choose whether to take it or not – she seemed reticent to *not* take it, and I didn't want to make her worry, so she took one, but was wet again the next day.
4. Then we had two dry days!
5. We stopped the remedy per the protocol, but immediately the wet was back.
6. After another dry day, she did not take the remedy, and she was still dry the next morning! I wrote in my notes: "She's so encouraged about 2 days in a row but also I can feel her nervous fear – *I don't want it to be like last time and have wet tomorrow; I want to have dry forever.* This would be so amazing if it keeps working!!!!!"
7. We were reminded that **healing in homeopathy almost always has setbacks**, so I should prepare her for some more wet days.
8. Three weeks later, still wet every time we stopped the remedy, although we had a number of two-days-in-a-row strings.

Eventually I bought two other homeopathic remedies from Amazon based off suggestions from friends:

- Causticum
- Belladonna

The Causticum worked for a friend but the Belladonna seemed to fit our needs better. I honestly can't remember why I started with it – **there's a certain amount of mother's intuition sometimes**, since Belladonna seems to work for everything from the stomach flu to migraines to joint

pain to preventing colds, if you read the reviews on Amazon!

I've since learned the Belladonna is a particularly good choice when sleeping HARD and deep is a probable cause of a child's nighttime enuresis.

I don't know what it is – and I don't know all the ways I will be able to use our remaining half bottle – but I do know that 3 a day under the tongue, before bedtime, did not take long to flip that switch from wet every morning to dry every night!

Once it was over, it was over. The child got up every night to urinate for a year, then started doing that less and less.

We're all so grateful to have bedwetting behind us!

Please remember that this combination is what worked for one child – **your child may have a totally different root cause of bedwetting**, and the solution may be totally different.

Brainstorms that other moms have found success with for bedwetting:

- Wait it out with patience and kindness.
- Chiropractics
- **Magnesium** and/or **Epsom salt** baths
- Could be related to mouth/dental formation/breathing (one source in West MI: **Dr. Karen O'Rourke** and her info on **YouTube**)
- Food sensitivities, particularly dairy but not always (some even said simply cutting dairy at dinner only helped!)
- Histamine Intolerance caused by mineral deficiencies
- Applied Kinesiology (look for a practitioner near you, here's one in West MI: **AK Chiropractic Research Center**)
- Functional neurologist (in West MI: **Dr. Brian Hanks**)
- Cut out sugary drinks or fruit juice, especially in the evening
- Pin worms
- **Cypress essential oil** from **Plant Therapy**
- Tonsils/sleep apnea
- **Preservative 280- 283**

- Drinking MORE during the day so that the bladder remembers it has a job to do and how to do it! (just not more at night)
- Mixed results with bedwetting alarms, and the Wet-Stop was a fav mentioned (found on Amazon).
- Many mentioned a combo of constipation AND figuring out what foods are causing it, like a sensitivity.

Note: If your child was trained and suddenly starts having nighttime issues regularly, Type 1 diabetes becomes a question.

Toddler Pneumonia Remedies Without Antibiotics

Pneumonia is defined as an inflammation of the lungs caused by an infection, the root of which might be viral, bacterial, or even fungal.

If you have viral pneumonia, antibiotics won't help, and although you're still contagious, other people won't necessarily develop pneumonia even if they catch the same virus. It could present itself as a simple cold for the next person, even though you were lucky enough to have it settle in your lungs and irritate them.

If you have bacterial pneumonia, it's another story entirely. It's contagious as pneumonia, first of all, and antibiotics would be effective and highly recommended to avoid more serious consequences. Pneumonia happens to be the sixth leading cause of death in the United States, in case you wanted to be freaked out.

Common Symptoms of Pneumonia in Toddlers

For adults, two huge signs of pneumonia beyond basic flu-like symptoms that could mean anything include chest pain that worsens while inhaling and coughing up mucus (sputum).

A toddler can't tell you if it's hard to breathe, and unfortunately, they can't really even cough effectively enough to clear their lungs of mucus when it's so deep.

(Notice that coughing has a purpose, which is why we don't use cough suppressants around here.)

The first my son had pneumonia, he had gotten a cold from one of his older brothers and sisters. See how nice it is when your children learn the virtue of sharing? He was generally fine all day, but at night, he would have coughing fits that would wake him. A few nights in a row, he coughed so hard that he vomited. At his age, with nighttime nursing and a poor appetite, it really looked more like spit-up, so it seemed less of a big deal than “real” vomiting. Besides, it was obvious that he had gagged himself. What we didn’t yet understand was that it was the mucus that simply wasn’t coming up that was gagging him and making him vomit.

If your toddler seems to have a chest infection and this happens at night, it’s something to pay attention to, particularly if it happens more than once.

Note: Coughing leading to vomiting certainly does not mean someone has pneumonia – child or adult – but it’s something that can go on your checklist to at least ask the right questions. We’ve had another frightening experience with coughing and vomiting – it ended up being whooping cough, in both our vaccinated and unvaccinated kids.

When I put my ear to John’s chest without any stethoscope, I could clearly hear a wheezing sort of sound – the toddler’s version of, “Man, it really feels tight when I inhale.” Another sign to watch for.

In our guy, poor appetite was a sign that he was still sick, but for your toddler, that might just mean they’re a toddler.

The final symptom that surprised us enough to send us to the Emergency Room in the middle of the night almost exactly three months later is not even lung related.

Constipation.

Constipation is Common for Young Children with Pneumonia

My story: After we kicked pneumonia without resorting to antibiotics, John got another cold from big sister. (He may have actually caught this one himself, thanks to shopping carts and library story time.)

We kept a really close eye on his coughing and pulled out all the stops as far as natural means of fighting infection that we had at our disposal.

Each time he'd wake up coughing at night, I cringed, waiting for the mucus to come flying out. It never did, so I thought we were in the clear. He was starting to get better, we thought, when he awoke one night all out of sorts.

My husband couldn't calm him down back to sleep and brought him to me for the magic nursies.

When he wouldn't nurse, we looked at each other in shock. If you have a baby who's addicted to nursing like all three of mine have been, you'll know what we were thinking. We knew something weird was going on.

Over the next 30 minutes, we tried everything we could think of to calm him down, all the while worrying and watching him cry, lay down, get up, not allow people to hold him, fight nursing, and writhe in pain.

He would lay his head down on the floor like he was so tired he couldn't stand up anymore, but his lower half was still ooching and scooching his body across the floor like a vacuum cleaner.

Every time we picked him up, his whole body struggled to get down.

It looked like he was in severe abdominal distress, and as the minutes ticked by, the worry mounted like a knotted hose.

We started wondering if he had eaten something that was lodged in his intestines. We questioned: Did he have any food out of the ordinary today or yesterday? (No.) His appetite was very poor, so most of his nourishment had been breastmilk. I hadn't eaten anything out of the ordinary either.

I rubbed his belly, we put him in the bath with a warm washcloth to try to encourage a bowel movement, and finally, he threw up a few times.

When you praise God for vomit, you know you're a parent.

"Ah, of course," we thought. "His tummy really hurt! Now that his body got rid of whatever that was, we should be able to calm him now."

What would you do if the writhing and crying didn't stop or slow down at all after vomiting?

Heading to the Emergency Room

The doctor on call (in my tiny hometown, because of course this sort of thing only happens after a 5-hour drive away from home) said it could very well be an abdominal obstruction and to go to the ER right away.

The closest hospital was a good 45-minute drive. Let's just say it didn't take us quite that long.

He was sleeping (and still breathing) by the time we arrived (Murphy's Law of Emergency Rooms, I hear), so a lot of the stress began to subside. My husband says I lost it, but I was just fervently praying, not out of control. Just so you know.

It turns out, after a much debated chest X-ray that will definitely remain the worst five minutes of my year, that constipation is a side effect of pneumonia in many little ones. I still don't quite understand why, but I hope someone can learn from our experience. Note: It hadn't been days without a bowel movement, just 36 hours maybe. It was more that there was a bunch of gas in his intestines that caused the pain, but the doc said that's really common for young ones with pneumonia. Strange.

We came home with a suppository that we never used and a prescription for antibiotics that we never filled.

Symptom Summary

If you need a little recap of those symptoms of pneumonia in babies, here you go:

- flu-like symptoms: fever, lethargy, cough, etc.
- coughing so hard the child vomits, especially at night
- wheezing noise in chest
- severe constipation/abdominal pain

The Key to Kicking Pneumonia in Babies and Young Children Naturally

When my mom told me that she had a hunch about how to help John relieve his chest congestion, I was all ears.

She had read about how kids with cystic fibrosis have awful mucus in the lungs, and parents do a special sort of steam treatment and back clapping to help them loosen it up and cough it out.

She also admitted that she had wondered if this would work when John had his first bout of pneumonia in the fall, but since she hadn't confirmed it, she didn't tell me. And why not??? It's brilliant!

A quick Google search yielded exactly that recommendation for kids with pneumonia or any chest congestion. I'm telling you, it works amazingly well:

Home Remedy to Help (Viral) Pneumonia or Chest Congestion in Babies and Toddlers

- Turn your shower on nice and hot and allow the bathroom to steam up.
- Keep your baby/toddler close to the steam, using the shower curtain as a "hood" for you and the child if need be (if your bathroom is large and doesn't steam up, for example).
- Using a cupped hand, clap the child on the back – nice and hard, but without hurting them of course – until they cough. (We were so pleasantly surprised that it really worked. Within a few claps, John would really give a good hack.)
- Take a break, then do it again. Keep a towel or clothing between you and the baby so you're not clapping on bare skin, and try to work around the whole chest/lung area, front, back, and sides. [This commenter](#) really knows what she's doing and has great tips for success. Stay in the steam for at least ten minutes.

Optional: Add a few drops of [essential oils](#) that are good for the lungs and breathing, or are anti-bacterial in nature.

Important: You should always check with a trained aromatherapist or

naturopath to make sure you're using appropriate essential oils. Please read [my post on the potential dangers of essential oils](#) and also about [oils that are safe for babies and kids](#).

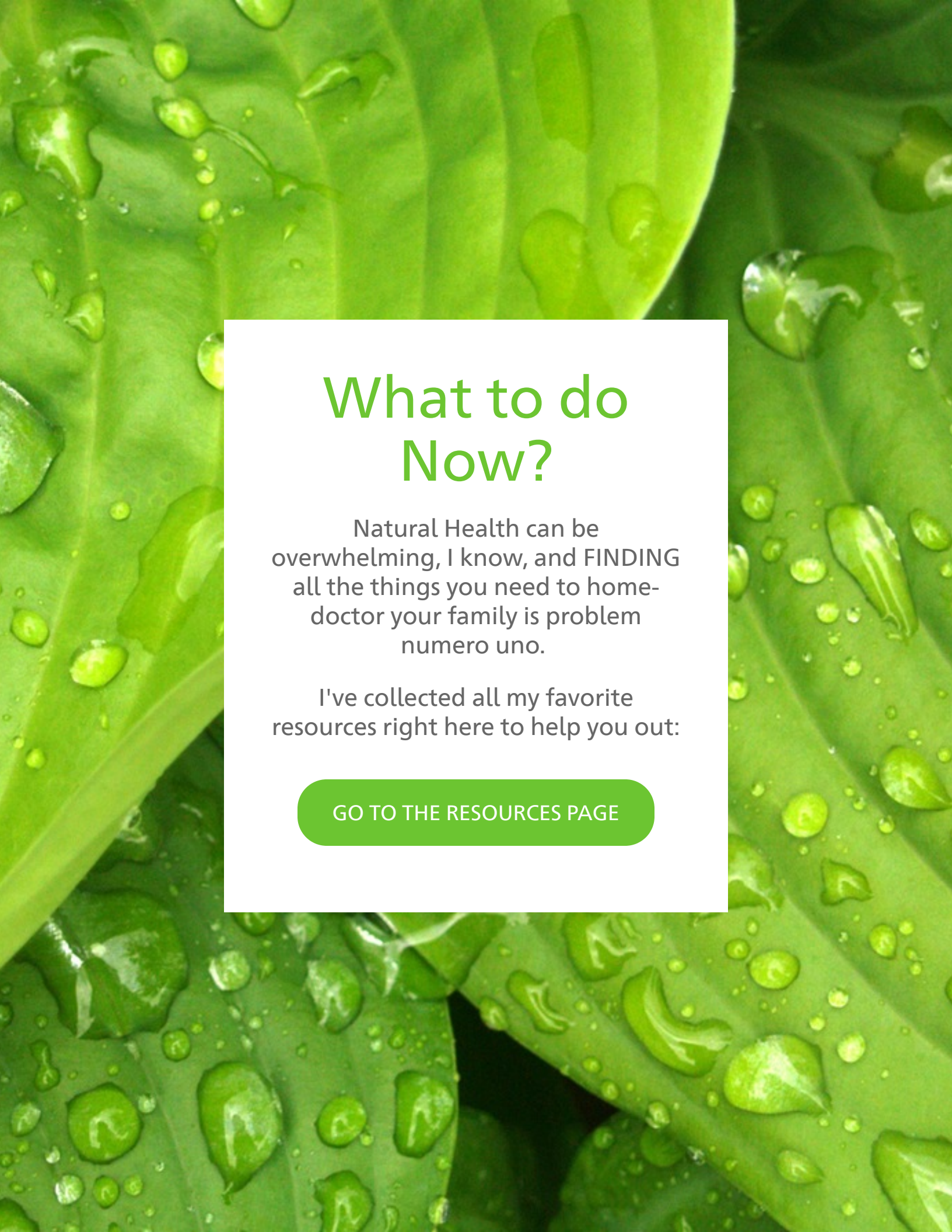
We called it a steam party, and my older son who was coughing at the time as well got to come join us. He didn't like when I clapped him on the back, but it was worth it!

I also clapped my toddler on the chest, particularly because we knew exactly where the congestion had settled, so I focused on that spot a lot. He coughed every time.

Other Natural Treatments for Pneumonia

Now that our little guy has fought off pneumonia twice, with two scripts for antibiotics that we can add to our [virtual scrapbook of unfilled or unused prescriptions](#), I feel like I know a little about how to treat it naturally.

- Use oils with antibacterial & antiviral properties
- garlic oil (like [this one](#)) or a purchased extractive of garlic on the feet
- oil of [oregano](#) or [tea tree](#) in a carrier oil, like [olive oil](#) or [coconut oil](#), on the feet
- [germ fighting oil blends](#) are great with a carrier on the feet or diffused into the air, either with a diffuser, vaporizer, or even simply a few drops in some water in a pot, simmering (not boiling) on the stove. Make sure to keep an eye on the pot so it doesn't go dry.
- Do any of these every few hours or even more frequently
- Keep up with [probiotics](#), especially after the fact
- Get helpful oils for the respiratory system into the air: I put hot water in the cold steam vaporizer along with some combo of [camphor](#), [lavender](#), or [lemon](#) – all night long.
- Use the steam treatment described above a few times a day as well.
- *Check out [our resources page](#) just for this book to help source these remedies.*



What to do Now?

Natural Health can be overwhelming, I know, and FINDING all the things you need to home-doctor your family is problem numero uno.

I've collected all my favorite resources right here to help you out:

[GO TO THE RESOURCES PAGE](#)