

blush

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for the modern mother

ISSUE NO

1

Is your child a
FASHIONISTA?
What's **HOT**
this season

NATURAL
SKINCARE
for
MOM

Your child's
SANCTUARY
~ NURSERY DECOR

Get your
POST-BABY
body back

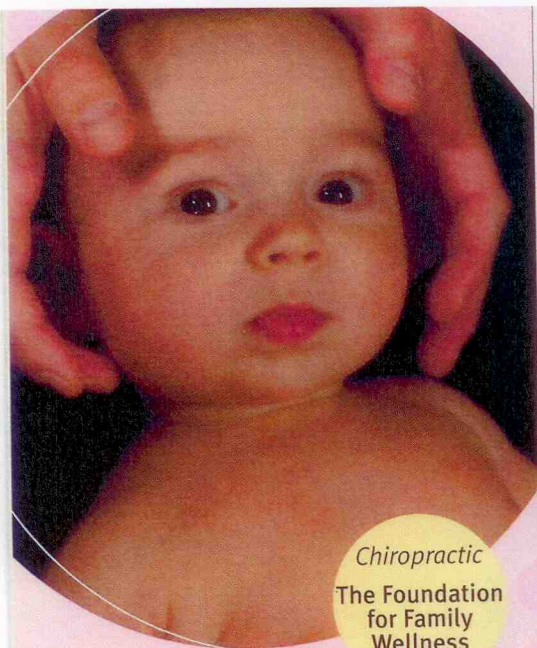
3 EASY
WORK-OUTS
+ 7 DAY DIET PLAN

Healthy recipes
the whole family
can enjoy

Expecting?
Find the right
supplements for you

compliments of
 **please mum**

Contributors



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drjacks.ca



{ your little one }

Natural remedies for your baby

WHILE *breastfeeding* PROVIDES BABY WITH THE *healthiest* START IN *life*, SOME EXPERTS SUGGEST *supplementing* IN CERTAIN CIRCUMSTANCES.



Melina Roberts, ND

Along with supplements, natural remedies can be used safely and effectively to treat many of your little one's common ailments.

Vitamin D. Recent research is leading experts to recommend that all infants, including breastfed infants, be supplemented with vitamin D. This is to address an increasing prevalence in vitamin D deficiency and rickets in infants in northern countries such as Canada. The recommended dose is 200 IU per day.

Probiotics. Specifically formulated probiotics for infants will help to lay a solid foundation for digestive health by fostering the growth of healthy bacteria. It also may help to prevent allergies such as eczema.

Essential fatty acids. From as early as six months of age, babies can be supplemented with essential fatty acids (EFAs). This is an essential nutrient for brain and nervous system development and has been shown to support early vision system development in a large meta-analysis conducted by the Harvard School of Public Health.

Vitamin C. Vitamin C is an excellent antioxidant that helps to support healthy immune function. Vitamin C is needed for proper growth and development. It also assists to move toxins out of the body. The recommended dose for ages 2 and under is 50 mg per day which can be added to baby's bottle.

Zinc. Premature infants and low birth weight infants are at risk of zinc deficiency. Zinc is an important trace mineral that supports a healthy immune system by helping to prevent respiratory infections and by playing a role in proper reproductive organ growth and development. The recommended dose is 5 mg per day.

Multivitamins for toddlers. Most toddlers are not meeting the nutritional guidelines for their proper growth and development. A multivitamin that contains all the B vitamins, vitamins C, E, and A, as well as calcium, iron, zinc, magnesium, and selenium is a good way to ensure that toddlers' basic nutritional needs are being met.

It is important to note that natural supplements can have potential side effects and interactions with medications; therefore it is recommended that you consult with a licensed health care practitioner before giving any supplements to your baby. **b**

TREATING BABY SAFELY WITH NATURAL PRODUCTS

What is it?	What does it look like?	What causes it?	What do I use?	How do I use it?
diaper rash	a red skin rash over any of the area in contact with the diaper	excessive moisture, too tight diapers, skin sensitivity to chemicals in diaper or detergent, dietary irritant in baby's diet or in mom's diet (when baby is breast-fed)	calendula creme	Apply calendula creme to affected area at every diaper change.
cradle cap	crusty, flaking, plaque-like rash on baby's scalp	too vigorous and too frequent hair washing, essential fatty acid deficiency	olive or sesame oil with a few drops of lavender essential oil added	Rub oil onto scalp twice a day.
colic	pain in digestive tract which leads to sudden inconsolable crying lasting at least 3 hours a day, occurring at least 3 days a week, and continuing for at least 3 weeks	sensitivity to formula or to foods in mom's diet such as dairy, caffeine-containing foods, wheat, corn, nuts, and spicy foods	castor oil – used externally only	Massage castor oil onto stomach in a clockwise direction while baby is crying to help relieve pain. Do this every evening before bedtime to prevent colic.
bloating, burping, and gas	distended abdomen, release of gas through burping or flatulence	sensitivity to formula or to foods in mom's diet such as dairy, caffeine-containing foods, wheat, corn, nuts, and spicy foods	tissue salt <i>Magnesia phosphorica</i>	Pumping babies' knees into their chest helps to move gas through the digestive tract. Give 2 pellets of tissue salt <i>Magnesia phosphorica</i> daily.
teething	drooling, runny nose with clear discharge, fever, loose stools, biting, sucking on fingers or teethers, waking at night	starts around 5 to 6 months of age and continues until about 2 1/2 years of age	homeopathic <i>Chamomilla</i> 6CH	In acute situations, give 2 pellets of homeopathic <i>Chamomilla</i> every 15 minutes for up to 2 hours, then 2 pellets 3 times per day.
minor cuts and scrapes	superficial bleeding, skin wounds	stumbles and falls	tea tree oil or calendula creme	Apply oil or creme to injury as needed.
insect bite or sting	red and swollen on a well demarcated area of the skin	exposure to insects, bees, or wasps	apil gel relieves itching and swelling; homeopathic <i>Apis Mellifica</i> 6CH relieves pain	Apply apil gel to affected area. Take 2 pellets of homeopathic <i>Apis Mellifica</i> orally every 10 minutes as needed for up to 2 hours, then 2 pellets 3 times per day until bite or sting has resolved.

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