

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

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## Children's Health - Alene Tuttle M.H.

It's that time of the year again; children have returned to school and the weather is cooling off causing many of us to close our windows and doors. Instead of getting a daily dose of sun, regular exercise, and nutritious meals, most children will sit inside at a desk for several hours each day, eat a less than ideal diet of school lunches, and return home at the end of the day to do homework and use computers and television. With this likely scenario for the vast majority of children during the school year, parents need to have some "tools" at their disposal to combat



the myriad of viruses and infections that will plague their families in the coming months. With that said, I have developed somewhat of a medicine chest to help keep the many ailments of back to school season from invading my home and family.

The first and probably easiest way to keep your family healthy is to drink plenty of pure water, preferably distilled, every day. Each family member should have a bottle of water that gets refilled throughout

the day thus eliminating the need to drink out of water fountains or to purchase beverages laden with sugar from vending machines.

Next in my medicine chest is good, wholesome food. This can be achieved easily by always having fresh fruits and vegetables cut up and ready to eat. Add to this some whole grains, nuts and seeds to create energy and you have a health-promoting meal, simply and easily. Meals do not have to be complicated. A simple quinoa/oatmeal for breakfast, a veggie wrap or homemade soup for lunch, and a green leafy salad with a lean protein (which can be a mixture of beans or a small slice of sustainably sourced chicken) for dinner is the best way to ensure that your children are getting the nutrients they need to have energy throughout the day and to sleep well at night. For an afternoon or evening snack, make up some delicious green smoothies or have some more nuts and seeds along with some veggie sticks and a healthy ranch dip!

I cannot stress enough the importance of some form of regular physical activity each day for at least thirty minutes as well as quality family time. It's been proven time and again that children who feel loved and spend quality time with their parents get sick less often and perform better in school. Take a brisk walk or play an outdoor game with your children every day. It will do all of you a world of good!

Finally, when and if your children do get sick, it is important to supplement with the right herbs and quickly return them to optimal health. A little bit of fresh crushed garlic each day along with a quality probiotic can work wonders if you are dealing with any sort of infection. Dr. Christopher's Kid-E-Mune, which contains Echinacea, will aid the body in preventing the spread of viruses and bacteria as well as building the immune system. I keep these products readily available throughout the year but especially during cold and flu season.

So there you have it! When children get fresh air, pure water, wholesome foods, and regular physical activity along with quality family time and immune stimulating herbs, they are ready to face any health challenge that comes their way!

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