



# The Thinking Parent's *Guide* to **NATURAL REMEDIES**

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These 32 pages are an excerpt taken from the book, *The Thinking Parent's Guide to Natural Remedies*. You can purchase the full book at [NourishingJoy.com/books](http://NourishingJoy.com/books).



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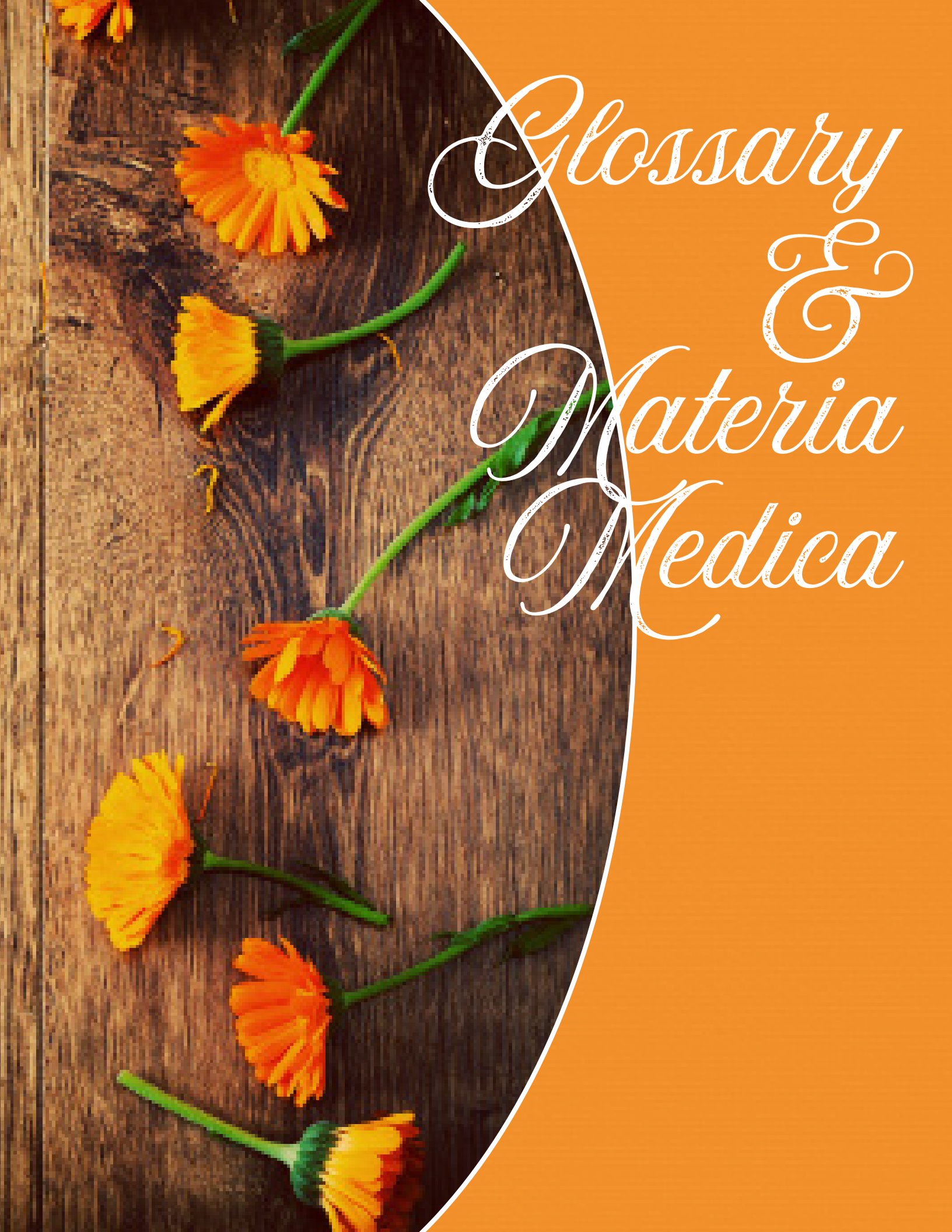
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# *Glossary & Materia Medica*

# *A Glossary of Herbal Terminology*

So let's start by defining our terms. This will be helpful as you read this book, but it has a larger purpose too. Whenever you look at a new recipe or a new product – for example when you're standing in the store comparing two products – this glossary will help you know what you're dealing with.

When you come across a recipe that uses multiple herbs or you reference a store-bought remedy, often there is a description of what that herb or blend does. But it's often listed in its Latinate terms, such as “galactagogue” (-lact for “milk”, -gogue for “that which induces”, so “galactagogue” refers to “that which induces milk.”)

It's also common (even in this book) to see reference to different types of remedies, such as “make a plantain poultice and apply it to the wound,” but what if you don't know what a poultice is?

Thus, here are two quick glossaries of common medicinal therapeutic terms and common herbal preparations.

# Glossary of How Herbs Work (Common Therapeutic Actions)

**Active constituent:** A chemical compound in a whole, raw plant that has a therapeutic effect.

**Adaptogen:** Any plant that assists the body in coping with, adapting to, and counteracting the effect of all types of stress on the body.

**Adjuvant:** An ingredient that support and reinforces the effect of the main herb or ingredient.

**Alterative (also, Depurative):** Herbs that gradually restore the proper function of the body and increase health and vitality by slowly altering the body's processes of metabolism.

**Analgesic:** Relieves pain when given internally.

**Anodyne:** Relives pain when applied topically.

**Antacid:** Counteracts acidity, particularly in the stomach. Herbal antacids often work via demulcent properties.

**Anthelmintic:** Expels or kills worms in the gastrointestinal tract.

**Antiasthmatic:** Relieves the symptoms of asthma.

**Anticatarrhal:** Helps the body remove excess mucus. Most commonly used for ears, nose, and throat, and in the gastrointestinal system.

**Antiemetic:** Reduces the feeling of nausea; can help relieve or prevent vomiting.

**Antilithic:** Prevents the formation of stones (calculi) in the urinary system and help remove those that have already formed.

**Antipyretic:** Counteracts fever and is often sweat-inducing.

**Antiseptic:** Prevents infection by inhibiting the growth of harmful microorganisms.

**Antispasmodic (also, Spasmolytic):** Prevents or decreases spasms or cramps in the muscles of the body.

**Antitussive:** Inhibits coughs.

**Aperient:** The mildest form of herbal laxative.

**Aromatic:** Having a strong, pleasant scent. Aromatic herbs stimulate the gastrointestinal mucous membranes and are often used in blends to mask or counter-balance the flavor of unpleasant or bitter herbs.

**Astringent:** Causes constriction or contraction of the tissues and/or coagulates proteins, thus decreasing fluid discharge from the tissue. Used to stop bleeding, diarrhea, and swelling of the tissues. Tannins are astringent.

**Carminative:** Soothes and settles the gut wall, thus helping in the removal of gas from the digestive tract and easing colic, griping, and intestinal gas pains.

**Cathartic:** Stimulates peristaltic action and is thus a strong laxative used to cleanse the liver, gall ducts, and intestines.

**Cholagogue:** Stimulates and promotes the flow of bile from the liver.

**Choleretic:** Stimulates the production of bile.

**Counterirritant:** A substance, such as heat or ointment, which creates superficial irritation or mild inflammation on the skin with the goal of lessening pain and/or inflammation in another location by bringing greater circulation to the area.

**Demulcent:** Herbs rich in mucilage - that is, slippery, gel-like substances that swell in water - that soothe and protect irritated mucous membranes; used internally. (Externally, they are referred to as "emollients.")

**Depurative:** Purifying agents that aid in the elimination of waste.

**Diaphoretic:** Produces or promotes sweating; supports kidney function by excreting waste via the skin.

**Diuretic:** Increases the secretion and elimination of urine.

**Emetic:** Induces vomiting.

**Emmenagogue:** Normalizes menstrual function and promotes menstrual flow; often contraindicated during pregnancy.

**Emollient:** A mucilaginous substance used externally to soothe, soften, protect, and relieve irritations.

**Expectorant:** Aids in the expelling of mucus from the lungs and throat.

**Febrifuge:** Reduces fevers.

**Galactagogue:** Stimulates and induces milk production and flow.

**Hepatic:** Tones and strengthens the liver and normalizes the flow to bile.

**Hypertensive:** Helps to raise low blood pressure.

**Hypnotic:** Help induce a deep and healing state of sleep.

**Immune modulator:** Acts to restore, enhance, and improve immune function and response.

**Laxative:** Stimulates movement of the large colon.

**Mucolytic:** Dissolves and breaks up mucus in the respiratory tract; this makes it much easier to cough up and expel mucus.

**Nervine:** Has a specific effect directly upon some part of the nervous system, either as a stimulant, a relaxant, or a tonic.

**Nervine Tonic:** Nourishes a specific system in the body AND has a general nourishing effect on the entire body.

**Nervine Relaxant:** Soothes and relieves tension without sedation.

**Nervine Stimulant:** Cause a direct stimulation of the nervous system (e.g. coffee).

**Partus preparator:** Prepares and tones the placenta for labor.

**Parturient:** Induces or assists labor and in expelling the placenta.

**Purgative:** Induces copious evacuation of the bowels; use in cleansing and purifying. Not to be used during pregnancy.

**Refrigerant:** Used to lower body temperature without inducing perspiration.

**Rebefacient:** “Reddens” a specific area of skin by increasing localized blood flow as a vasodilator.

**Sedative:** Calms the nervous system and can reduce stress and nervousness throughout the body.

**Sialagogue:** Induces increased salivation; aids in digestion, especially of starch.

**Soporific:** Induces sleep.

**Stimulant:** Quickens and enlivens the physiological activity of the body in some way; quickens the function activity of the tissues, produces energy, warms the body, and increases circulation.

**Stomachic:** Stimulates digestion or promotes an improved appetite.

**Styptic:** Stops bleeding.

**Synergistic:** The simultaneous action of two or more constituents in a plant whose combined effect is greater than the sum of each constituent.

**Tonic:** Improves body tone by stimulating tissue nutrition; invigorates, restores, and stimulates the system.

**Vasodilator:** Dilates, or widens, the vein to allow for freer or heavier blood flow.

**Vermicide (also, Vermifuge):** Kills or expels intestinal worms.

**Vulnerary:** Promotes wound healing.

# Glossary of Common Herbal Preparations

**Body Butter:** Body butters are made using only oils, typically by blending a high ratio of brittle butters with a low ratio of liquid oils to make a thick, creamy spread that is easily absorbed into the skin. (See “Carrier oils” for more about types of oils.)

**Carrier oils:** Oils that are used to dilute or carry herbal constituents, such as essential oils and herbal infusions, into the body, usually through the skin. There are three types of carrier oils: liquid oils, which are liquid at room temperature (e.g. sunflower oil); firm oils, which are firm at room temperature but scoop-able (e.g. coconut oil); and brittle oils, which are hard at room temperature and must be cut or chopped to be used (e.g. cocoa butter). When brittle oils come from fruits or fruit kernels, they are referred to as “butters.”

**Compress:** A compress is similar to both poultices and fomentations - a compress is made of thick cloths soaked in either liquid or lotion and applied directly to the skin. Compresses can be applied either cold or warm.

**Cream:** A cream is made of oil and wax, but also includes water, typically in a ratio of about 45% water, 45% oil, and 10% beeswax or other emulsifying agent. Creams are thicker than lotions but lighter than salves. Because creams include water, they are susceptible to bacterial and fungal growth, so using a preservative is highly recommended if you want to use the product for longer than one week. In this book, we suggest willow bark extract as a preservative, but you may choose another if you so desire.

**Decoction:** The process of simmering hardy parts of a plant, typically roots, stems, and dried berries, for an extended time to create a strong concentration.

**Detox Bath:** The act of soaking in a deep bath that has herbs, clay, or other beneficial ingredients in order to help draw out toxins and illness from the body.

**Diffusion:** The act of releasing active herbal constituents into the air or steam in order to be inhaled.

**Extract:** The process of letting herbs, spices, or other plant fruits (such as coffee beans or vanilla stamens) sit in alcohol or glycerin for an extended time, typically 10-60 days, to extract the beneficial components of the herbs and make them available in the oil.

**Fomentation:** A fomentation is similar to a poultice, but rather than using the whole plant matter, the cloth is dipped in a warm infusion or decoction, applied directly to the skin, and kept warm for the duration of the application.

**Glycerite:** A concentrated, non-alcoholic extract of medicinal herbs extracted in glycerin.

**Herbal Syrup:** A decoction mixed with raw honey or sugar syrup to help soothe mucous membranes and make the decoction palatable. A popular way to take herbal medicines.

**Hydrosol:** Also called “floral waters,” hydrosols have similar therapeutic properties to essential oils, but are much less concentrated. However, hydrosols also contain other beneficial constituents from the plant – and all in a less concentrated, safer form. Hydrosols are excellent to use on young children and infants and as the liquid base for herbal creams and lotions.

**Infusion (water):** The process of extracting beneficial components of herbs by pouring hot water over them and letting them sit for an extended period of time, typically 15-30 minutes.

**Infusion (oil):** The process of letting herbs or spices sit in oil for an extended time, typically 2-4 weeks, to extract the beneficial components of the herbs and make them available in the oil. This can be expedited by heating the herbs and oil very gently for 2-4 hours until the oil is deeply colored.

**Liniment:** Any topical application to increase blood circulation to stimulate healing.

**Lotion:** A lotion is made of oil and wax, but also includes water, typically in a ratio of about 70% water, 20% oil, and 10% beeswax or other emulsifying agent. Lotions are light, moisturizing emulsions and unless preservatives are used, have a short shelf life of 5-7 days.

**Lozenge:** A small medicinal tablet taken for sore throats and dissolved in the mouth. Typically made with a decoction mixed with slippery elm powder or in a candied syrup.

**Ointment:** A smooth, oily preparation that is rubbed on the skin for medicinal purposes or as a cosmetic.

**Plaster:** A poultice that is made as a paste by mixing dry herbs with a bit of flour or clay and water.

**Poultice:** A poultice is chopped, moistened plant matter that is wrapped in cloth and applied directly to the skin. Poultices are made by chopping, grinding, or crushing fresh or dried herbs or other plants into a thick, pulpy mash, then moistening the plant matter if necessary and wrapping it in breathable cloth to create a packet.

**Salve:** A salve is simply a combination of oil and wax, typically beeswax. Wax is melted with the oil and cools into a thick, firm, spreadable paste. They may contain essential oils, herbs, etc, but because salves do not contain water, they have a long, stable shelf life.

**Tea:** A stimulating infusion made of tea leaves (*Camellia sinensis*) for the sake of drinking. The infusion extracts beneficial components by the act of pouring freshly boiled water over the dried leaves and letting them sit for a short period of time, typically 3-5 minutes. A true “tea” only refers to when *Camellia sinensis* is part of the infusion, but often this process using herbs is referred to as “herbal tea.”

**Tincture:** A concentrated extract of medicinal herbs.

**Tisane:** An infusion made of herbs, flowers, spices, or fruit for the sake of drinking. The process of extracting beneficial components of herbs by pouring boiling water over them and letting them sit for a short period of time, typically 4-6 minutes. Often referred to as “herbal tea,” even in this book, as this convention is so common that it’s more clearly understood.

# *The Basics*



# How to Use Your Herbs

This section provides general instructions to make most basic remedies, such as salves, syrups, and poultices. These are not specific recipes – you’ll find those in the Recipes section – but these are general tutorials of basic techniques so can make any kind of remedy with any kind of herb you may desire. Basically, if you know these “Core Remedies,” you can make pretty much anything!

The techniques here are divided according to how they’re used: topically, internally, or via inhalation. If any terms in this section are confusing, there’s a glossary in the preface of this book to help you.

## TOPICAL

### HOW TO MAKE A SALVE

1. First, choose your herbs. Use approximately 1/2 cup dried herbs to 2 cups oil (a ratio of 1:4), although this is very flexible.
2. Infuse the herbs into the oil: either combine the herbs and the oil in a jar with an airtight lid and leave for 3-4 weeks, shaking daily, OR heat the herbs and the oil over the absolutely lowest possible heat on the stove or a mini-slow cooker for 2-4 hours until the oil is deeply colored.
3. Strain herbs from the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze the herbs to extract the remaining oil. Discard herbs.
4. Pour the oil into a clean double boiler and add the beeswax. Heat over medium-low heat until the beeswax is entirely melted and stir to combine well.
5. Check the salve or balm is at the proper hardness. Dip a spoon or popsicle stick into the beeswax/oil mixture, then let a few drops fall on to a plate. Let it cool for 3-5 minutes while keeping the mixture warm, then gently press on it to see how hard it is. If it’s too soft for your liking, add a bit more beeswax and repeat the process. If it’s too hard, add a bit of coconut oil (or other firm oil) and check again. Everyone has their own preference when it comes to salves, so the choice is yours.
6. Pour into small containers, such as lip balm tubes, glass jars, or small tins and set aside to cool completely.

Alternatively, if you want to use essential oils instead of whole herbs, start at Step 4 and add your essential oils to the oil and wax mixture just before pouring out (AFTER the hardness test). To determine how much essential oil to use, consult the chart in Part IV of this book, “How to Use Essential Oils Safely.”

## HOW TO MAKE CREAMS & LOTIONS

The key to emulsifying water and oil well is to have them at the same temperature when they are blended. For a thicker cream, increase shea butter by 1-2 tablespoons.

1 1/3 cup water, herbal infusion, or decoction  
 3 tablespoons unrefined shea butter  
 2 tablespoons grated, tightly packed beeswax  
 1 cup sweet almond or olive oil  
 10-30 drops essential oils (optional)

Have a one-quart mason jar and an immersion blender at the ready.

Place liquid in a saucepan and place over medium-low heat. Heat just until it begins to steam, but you can still hold your pinky finger in it comfortably. If it exceeds this temperature, remove from heat and let cool to proper temperature.

Meanwhile, melt shea butter and beeswax in a double boiler. Once they're both fully melted, stir in almond oil and allow hardened oils to melt again. Remove from heat. Place your pinky finger in the oil mixture as well - when it's warm but you can still hold your pinky in it comfortably and the water and the oil mixture are about the same temperature, pour both the oil mixture and the water into the mason jar.

Place immersion blender at the bottom of the jar, THEN turn it on. Blend for 15-30 seconds without moving the blender. Once the liquid at the bottom is emulsified, slowly raise the immersion blender up through the liquid until you reach the top.

Turn off the blender and set aside nearby. Continue to blend starting at the bottom every 5-7 minutes until the lotion has cooled to room temperature. Because water, wax, and oils cool at different rates, the lotion can separate if not mixed periodically while cooling.

## HOW TO MAKE WILLOW BARK EXTRACT (PRESERVATIVE)

Note: This extract should not be used by those who are allergic to aspirin.

To make 1 cup extract

1 cup chopped, dried willow bark  
 1 cup vodka, at least 80 proof (40% alcohol)

Place the bark pieces in a quart-sized canning jar, then pour over the alcohol and cover tightly.

Let sit in a warm, sunny place for 1-2 weeks, shaking gently every day or so, then move to a cool, dark place for at least two weeks and for up to six months, continuing to shake it gently every so often. The longer you let it sit the stronger and more potent the extract will be.

When you're ready to strain the extract, strain through cheesecloth - squeezing or pressing on the pieces to extract all the liquid - and pour the extract into dark bottles to store. Label well.

Store at room temperature for several years.

## HOW TO INFUSE OILS

Infusing oils is simply the act of extracting the healing or beneficial parts of a plant into a carrier oil, which then can be used alone or as the base for a salve, cream, ointment, lip balm, facial serum, and much more. Any liquid oil can be used.

There are four methods for infusing herbal oils:

**Countertop Method:** Place the herbs in a canning jar and cover with oil, making sure the herbs are covered with at least one inch of oil above the herbs (to allow for expansion and to ensure the herbs are not exposed to air). Screw the lid on tightly and leave on the countertop for 3-4 weeks, shaking daily. Strain herbs from the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze the herbs to extract the remaining oil. Discard herbs.

**Low-Heat Method:** Place the herbs and oils in a double-boiler and heat over the absolutely lowest possible heat on the stove until the oil is deeply colored, 2-4 hours. You may also heat the oven to 225°F, turn it off, and place the melted oils and herbs in the oven for 4-6 hours. Strain herbs from the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze the herbs to extract the remaining oil. Discard herbs.

**Slow Cooker Method:** Combine the herbs and oil in a canning jar with an airtight lid. Place a tea towel in the bottom of a slow cooker to keep the jar (or jars) from rattling around and set the jar on top. Pour in enough water to come about three-quarters of the way up the sides of the jar. Place on LOW heat and let sit for 10-12 hours, uncovered, until the oil is deeply colored. Strain herbs from the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze the herbs to extract the remaining oil. Discard herbs.

**Solar Method:** Place the herbs in a jar and cover with oil, making sure the herbs are covered with at least one inch of oil above the herbs (to allow for expansion and to ensure the herbs are not exposed to air). Any carrier oil will suffice, although olive oil and expeller-pressed grapeseed oil are common favorites. Screw the lid on tightly and place in the sun - such as a sunny, warm windowsill - for 2-4 weeks, shaking gently daily. If you prefer to keep your oils out of the light, you may place a paper grocery bag or lunch sack over the jar so that you still receive the sun's rays without exposing it to light. Strain herbs from the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze the herbs to extract the remaining oil. Discard herbs.

**For all four methods,** to create an extra-thoroughly strained oil with no herb debris remaining, let the strained oil sit for 12-24 hours to allow any remaining sediment to settle to the bottom, then pour off the clear oil on top and compost the remaining dregs.

**For a double-strength infusion,** once you have strained your oil, place a new batch of dried herbs in the same oil and repeat the infusion process.

## HOW TO MAKE BODY BUTTER

Other butters and oils may be used, but this basic recipe works well every time.

1/4 cup coconut oil

3/4 cup unrefined shea butter

1/4 cup dried herbs or 10-20 drops of essential oils

If using herbs, melt the coconut oil and shea butter and infuse the herbs into the oils using one of the heat methods listed in this section on “How to Infuse Oils.” Meanwhile, place the bowl of an electric mixer in the freezer.

When the infusion is finished, strain the herbs from the oil (if using the oven method and the mixture solidifies, simply warm it on the stove until it melts again, then strain) and put the infused oil in the chilled mixer bowl. Put the oil in the fridge just until it begins to firm, but is not solid, 15-60 minutes.

Using the mixer with the whisk attachment, begin to whip the oils and add essential oils, if using. Whip the oils until the mixture is cool and holds stiff peaks, stopping occasionally to scrape down the sides of the bowl. If the oils don't seem to be firming, place bowl in the freezer for 5-10 minutes, scrape the sides, then whip again. Repeat as necessary. Scrape into dark containers and store at room temperature for up to three months.

## HOW TO MAKE A HYDROSOL

### What You'll Need

- A stainless steel or enameled stock pot WITH its lid (preferably glass so you can watch the progress)
- A large, heat-proof bowl or large measuring cup, preferably glass or Pyrex
- A metal vegetable steamer, brick, jar rack, or inverted ramekin to serve as a stand for the bowl
- 3 quarts distilled water
- 300 grams (~10 oz) fresh herb OR 150 grams (~5 oz) dried herbs
- 2-3 bags of ice

First, verify all distillation equipment is clean. Place the bowl stand in the pot, then add in the water and herbs. Stir to make sure all herbs are well immersed. Place the bowl on the bowl stand and bring to a boil over high heat.

Once boiling, reduce heat to medium and set the lid on upside-down. Fill the lid with ice (easiest to do by placing the ice in a large, plastic, zippered bag first), and allow the mixture to simmer until most of the water has boiled away or you have collected the desired amount of hydrosol in the bowl, 20 minutes to a couple hours. Change ice as necessary through the process.

Let the hydrosol cool before pouring into bottles or mason jars, and store in the fridge for up to 6 months.

## HOW TO MAKE POULTICES, COMPRESSES & FOMENTATIONS

Poultices, compresses, and fomentions are applied to soothe, to stimulate, or to draw out impurities from wounds.

**To make a poultice:** Cut strips or large squares of breathable cloth such as cheesecloth or cotton and set aside. Bruise or crush herbs to a pulpy mass, then set or spoon into the center of your cloth. Wrap up to create a packet, using multiple pieces of cloth if necessary to keep the herbs from leaking out, then place directly on the skin. If the wound is open, lay a sterile bandage over the wound first, then apply the poultice.

**To make a compress:** Soak a cloth or towel in an infusion or decoction that has been cooled, wring out the excess, and apply to the affected area. Leave on until it is warmed by body heat, usually 15-20 minutes. Repeat application with a fresh cool compress. Continue until relieved.

**To make a fomentation:** Soak a cloth or towel in an infusion or decoction, wring out the excess, and apply as hot as possible to the affected area. Cover loosely with an extra towel or extra cloth, then place a warm water bottle or electric heating pad.

## HOW TO DRAW A DETOX OR HEALING BATH

Draw a deep, warm (not hot) bath. For a detox bath, add in 1-2 cups of epsom salts, dried herbs, clay, or other desired detoxifying ingredients. For a healing bath, pour in 2-6 quarts of prepared decoction. Soak for at least 20 minutes, then drain water and be sure to wipe out remaining ingredients.

## HOW TO DRAW AN HERBAL BATH FOR CHILDREN

Herbal baths are a great way to administer herbs to very young children and to offer some relief for uncomfortable symptoms. Baths can be used to address a variety of ailments including fevers, congestion, coughing, and just a general sense of malaise.

To make an herbal bath, brew a very strong infusion of the herbs you wish to use. (Please note: this uses a large quantity of herbs, so this is best done with herbs that are inexpensive to purchase or easy to harvest in quantity.) For a small bath for infants, you can prepare the infusion in a tea pot or mason jar. For a larger bath for older children, you may want to prepare the infusion in a stock pot, as you want about a 1:4 ratio of brewed infusion to bath water.

To make an infusion with leaves and flowers, boil the water, then turn off the heat, stir in the herbs, cover, and let sit for at least 30 minutes.

To make an infusion with roots and barks, boil the water, then stir in the chopped herbs, cover, and simmer over medium heat for at least twenty minutes.

When the infusion is finished, strain well, pressing on the herbs to release all the liquid, then run the bath and add the infusion. Be sure to account for the temperature of the infusion - if it's too warm, run a cooler bath, and if it's too cool, run bath water that's warmer. Also keep in mind the malady you are treating: if a child has a fever, a slightly cooler bath will offer lovely relief, while if a child is suffering from congestion, coughing, or excess mucus, a slightly warmer bath will bring greater relief.

If possible, allow the child to play and soak in the bath for at least 15 minutes, but with infants and younger children, even just bathing in the herbal water will be beneficial.

## COMMON HERBS TO USE FOR HERBAL BATHS

Any of these herbs can also be used as compresses, if desired. Also, remember that just plain steam and warmth can aid in alleviating any of these ailments and frustrations.

### FOR FEVER

Yarrow  
Chamomile  
Linden  
Willow (both bark and leaves)

### FOR CONGESTION

Lavender  
Chamomile  
Pine needles  
Cedar needles  
Spruce needles  
Rosemary

### FOR COUGHING

Red clover  
Linden  
Lavender  
Chamomile  
Pine needles  
Cedar needles  
Spruce needles  
Rosemary

### FOR RELAXATION

Lavender  
Linden  
Chamomile

## INTERNAL

### HOW TO MAKE AN HERBAL SYRUP

Herbal syrups are simple. First, simmer the herbs to create a decoction. Strain well, discard herbs, and set aside decoction to cool.

When it's cool, warm raw honey and the strained decoction very gently in a 1:1 ratio over low heat, just enough to soften the honey and allow the two to be stirred together.

Pour into a clean jar and store indefinitely in a dark place.

If you're not using dried herbs, you can generally just stir the ingredients directly into the honey - for example, our cough syrup has the ground spices and fresh ginger stirred right in.

### HOW TO BREW TEAS & TISANES

Place 1-2 tablespoons of herbs or flowers in a heat-proof cup or mug and pour over freshly boiled water. Let sit for 3-5 minutes, then strain out herbs. Discard herbs and drink the tea or tisane as soon as cool enough to do so.

### HOW TO MAKE HERBAL INFUSIONS

Place 2-4 tablespoons of herbs, roots, or berries in a heat-proof bowl or mug and pour over freshly boiled water. Cover and let sit for 15-30 minutes, then strain out herbs. Discard herbs.

### HOW TO MAKE HERBAL DECOCTIONS

Place dried, hardy parts of herbs, such as roots, stems, leaves, and dried berries, in a saucepan with twice as much water by volume (i.e. if you use 1 cup of chopped herbs, use 2 cups of water). Bring to a boil, then reduce to medium heat, cover, and simmer until the liquid is darkly colored, 30-60 minutes. Remove from heat and let cool, then strain herbs, pressing on them to remove all liquid.

## HOW TO MAKE AN ALCOHOL TINCTURE

To make 1 cup tincture

1 cup chopped, dried herbs

1/4 cup boiling water

3/4 cup vodka, at least 80 proof (40% alcohol)

Place all herbs in a quart-sized canning jar, then pour over the boiling water, pressing down on the herbs to make sure they're well soaked. Once the herbs are saturated, fluff them up again with a fork so the alcohol can penetrate into every nook and cranny around the herbs. Pour over the alcohol and cover tightly.

Let sit in a cool, dark place for at least two weeks, shaking gently every day or so, and for up to six months. The longer you let it sit the stronger and more potent the tincture will be.

After 2+ weeks, strain out the herbs - squeezing or pressing on them to extract all the liquid - and pour tincture into dark bottles to store. Label well.

Store in the refrigerator for up to six months.

Adult dosage is typically 30-60 drops (1/4 – 1/2 teaspoon), 3 times daily, taken in a 2-3 ounces of water or directly under the tongue. Child doses are generally about 1/4-1/3 of the adult dose, but more accurate dosing charts are available later in this section.

## HOW TO MAKE A GLYCERITE (GLYCERIN TINCTURE)

This option is a bit thicker than an alcohol-based tincture. It is somewhat sweet, which makes it an ideal way to make the tincture for children or for those who wish to avoid alcohol.

1 cup chopped, dried herbs

1/4 cup boiling water

3/4 cup 100% pure, food-safe glycerin

Place all herbs and spices in a quart-sized canning jar, then pour over the boiling water, pressing down on the herbs to make sure they're well soaked. Once the herbs are saturated, fluff them up again with a fork so the glycerin can penetrate into every nook and cranny around the herbs. Pour over the glycerin and cover tightly.

Let the jar sit in a dark place at room temperature for 4-6 weeks, shaking the jar every day or two. The mixture will be very dark at the end of its steeping time.

Strain the entire mixture through cheesecloth, squeezing it to make sure every bit of glycerite is released, then strain again through a fine mesh strainer.

Place in a bottle and remember to label and date your concoction.

Adult dosage is typically 30-60 drops (1/4 – 1/2 teaspoon), 3 times daily, taken in a 2-3 ounces of water OR 4-5 sprays every 2-3 hours as needed if bottled in a spray bottle. Child doses are generally about 1/4-1/3 of the adult dose, but more accurate dosing charts are available later in this section.

## GLYCERITE QUICK METHOD:

After stirring the herbs in the jar and screwing the lid on tightly, place a wash cloth, silicon baking mat, or silicon trivet in the bottom of a slow cooker (this is to keep the jar from breaking, so don't skip it). Place the jar in the slow cooker, then pour in enough warm water to come three-quarters of the way up the side of the jar. Set the slow cooker to "keep warm" or the lowest setting possible and let sit for 1-2 days, adding water as needed to keep the jar submerged by at least half and preferably three-quarters.

When the mixture has infused for at least a day and the liquid is darkly colored, remove from the water bath, let cool, then strain and store in a clean jar in the refrigerator.

## INHALATION

### HOW TO USE STEAM INHALATION

Have a large, heat-proof bowl and a towel at the ready and gather your desired herbs or essential oils. Bring 1-2 quarts of water to a boil. When the water is at a rolling boil, pour enough into your bowl to fill it half to two-thirds full. Sprinkle over the herbs or essential oils, then cover your head with the towel and lean over the bowl so that the steam rises into your face and is caught by the towel. Breathe deeply through both your mouth and nose until there is no longer steam rising from the water. You may add more boiling water or discard the cooled water.

### HOW TO USE DIRECT INHALATION

Direct inhalation works best with essential oils or crushed fresh herbs. Simply hold the open oil bottle or place a drop or two onto a cotton ball and waft the bottle or cotton ball under your nose. Note that this is not a *sniff*, but a *waft*. Wafting means holding the oils a few inches from your nose and either moving the cotton ball back and forth or using your other hand to move the air toward your nose. This will protect your tender membranes from an overwhelming onslaught of the active constituents of the oils, which can range from watering eyes to tissue damage.

## HOW TO DIFFUSE ESSENTIAL OILS

### USE AN ULTRASONIC DIFFUSER

Ultrasonic diffusers disperse oils in a microfine vapor that allows them to be suspended in the air for extended periods of time, thus enhancing the scent, and allowing the oil to be better used by the body once inhaled. They're also super-easy to use.

### SUSPEND THEM IN WATER

Pour 2-3 cups of boiling water into a glass or ceramic bowl, then add your drops of essential oils and let the scent fill the room. This is surprisingly effective at dispersing scent, but I find I have to keep refilling the boiling water if I want it to last over several hours. Nonetheless, it is definitely the simplest and cheapest method to diffuse essential oils.

### USE DIFFUSER REEDS

Diffuser reeds localize the scent more than fill the room, like a bouquet of flowers. To use reeds, place your oil in the reed bottle and let sit for 10-20 minutes. Then flip the reeds so the oily end is in the air. Continue to flip every hour or so for on-going scent.

### NOTE OF CAUTION

As we discuss in Part IV: Essential Oil Safety, high 1,8-cineole oils (peppermint, rosemary, eucalyptus, etc) should not be used on children under the age of six - INCLUDING DIFFUSING. This is because the act of diffusing essential oil releases tiny particles of oil into the air, which we then breathe. This isn't a bad thing - in fact, this is exactly WHY we diffuse: by suspending the oil droplets in the air, the scent is better distributed AND by bringing microparticles into our bodies, the properties of the oils are even better assimilated for better healing, better immune stimulation, and better mental health.

However, the lungs of children under six are still somewhat immature, so there are a few rare but serious risks, such as seizure or the inability to breathe, so it's largely recommended to just avoid those contentious oils during that period, including diffusing.

# When to Call the Doctor

It can sometimes be worrying to decide whether or not to see a doctor. If you're not sure, many clinics and naturopaths have an on-call nurse or a telephone helpline to help you decide the best course of action.

## SYMPTOMS THAT REQUIRE MEDICAL ATTENTION

However, there are a few times when it's fairly clear that your child needs more acute medical attention.

**If you or your child have any of the following symptoms, it is wise to seek immediate medical attention.** Also, consult the Symptom Quick Sheets in Part III of this book for more specific signs of common childhood illnesses.

- Persistent fever above 103°F (>2-3 days) with no improvement
- Persistent sore throat (>3-5 days) with no improvement
- Any symptom, but especially fever, accompanied by a stiff neck
- Forceful vomiting
- Severe/unremitting headache
- Any head injury
- Inconsolable crying
- Incoherence, confusion, or unresponsiveness
- Rolling of the eyes or body twitching
- Deterioration of symptoms
- Visual disturbance
- Severe facial pain
- Painful breathing or difficulty breathing
- Painful urination or blood in the urine
- Drainage from the ear
- Dehydration; unwillingness or inability to accept fluids
- Any signs of illness/infection in children under 6 months old or any fever in a child under 12 months

**Also, remember that any cough which:**

- lasts more than a week, especially if coupled with a fever
- is accompanied by a whooping sound
- has swollen tonsils with white dots and feels like you're swallowing glass
- brings up blood or thick yellow or green mucus

needs to be seen by a doctor, naturopath, or other medical professional. Most coughs are harmless and annoying, but some can be the first signs of something much more severe and in some cases are highly contagious and need to be treated quickly.

# *Recipes*



# *For ears, eyes, nose & throat*

Many sore throat remedies are in the Cough, Cold & Flu section, but those not related to coughs and colds are found here.

## ONION POULTICE FOR EARACHES

An onion poultice works because the steam releases the sulfur in the onion, carries it into the ear, and reaches into every nook and cranny to kill the infection.

Slice a large onion in half, then slice one of the halves into slabs that are each about 3/4-inch thick. (Slice across the grain so they look like little half-moons and you can see the rings.)

Heat a small amount of olive oil in a skillet over medium heat until it shimmers, then gently add one onion slice. Sauté lightly on both sides, flipping carefully, until it's hot all the way through and just beginning to soften. Alternatively, you can place the onion on the skillet, then cover and cook until heated through and just beginning to soften.

Meanwhile, gather a piece of soft, thin cloth, such as cheesecloth, cotton flannel, or wound gauze, and when the onion is well-heated, lay the onion slice in the middle of the cloth and wrap it into a package. When it's cool enough for a child to handle but still quite warm, place it on the ear like a heating pad. Keep it there for 5-20 minutes or until the onion is cold. Repeat as often as desired.

## HEAT SOCK

There are a number of reasons a Heat Sock works. First, the heat is soothing. Second, the rice retains heat well and also releases a small amount of steam, which helps loosen any congestion. The small amount of steam also activates the lavender blossoms and releases their scent. And third, it is my theory that since the salt draws moisture to itself, it helps draw fluid from behind the swollen tympanic membrane inside the ear, thus helping to drain the ear and relieve pressure.

- 1 clean cotton or hemp sock (not ankle length)
- 2 cups epsom, kosher, or rock salt
- 1 cup dry rice
- 1 cup dried lavender blossoms (optional)

Place the salt, rice, and lavender blossoms in a bowl and stir to combine. Pour into the sock and tie the end into a knot. Store in a dry place until needed.

**To administer,** heat the sock by placing it in a skillet over low or medium-low heat, flipping often to ensure that the rice and salt heat evenly. When the sock is very warm but still cool enough to handle, have the child hold the sock over the ear for as long as desired or until cool. Repeat as often as necessary.

## GARLIC & MULLEIN EAR DROPS WITH ST. JOHN'S WORT

### For the mullein & St. John's Wort infusion:

1/2 cup dried mullein flowers (or leaves, if flowers are not available)  
1/4 cup dried St. John's Wort  
1 cup oil

### For the garlic infusion:

Enough garlic cloves to fill one-half cup (approximately 8-12 cloves)  
1 cup oil

Have two clean pint jars at the ready. Place the dried herbs in one, then lightly crush each garlic clove - just enough to crack each open - and place them in the second jar. Pour over a cup of oil into each one. Shake each one gently to cover all herbs and cloves with oil.

Infuse using either heat (preferred) or the Countertop Method, then strain well.

Mix the strained infusions in a 1:1 ratio and place in dropper bottles or store in a dark jar and keep a pipette ready for dispensing.

**To administer,** warm the oil very slightly (to about room temperature), then have the child lie down on his or her side, and drip 5-6 drops into the ear facing up. Massage the ear for a minute or two, then place a cotton ball in the ear and have the child turn over. Do the same procedure on the second ear. Any excess oil will drain out, so have a small towel for the child to lay on or place a cotton ball in the ear to catch the oil drips.

This may be repeated every 30 minutes or as often as needed.

## CONJUNCTIVITIS (PINKEYE) EYE COMPRESS

1 chamomile teabag (preferably organic)  
1/4 cup freshly boiled water

Place the teabag in a cup and pour over the water. Let steep only briefly, 1-2 minutes, then remove from the water and let cool just until it's comfortable enough to handle; it should still be quite warm.

Have the child lay down and close his or her eyes. Place the warm teabag over the affected eye and instruct the child to press on it very lightly. Leave on the eye until the teabag is cool, 10-15 minutes.

Repeat 2-3 times a day while symptoms persist.

**PRECAUTIONS:** Do not use if your child is allergic to plants in the daisy family or is taking a prescription blood thinner.

## How to Discern & Relieve the Cause of Your Child's Earache

Garlic, mullein, and St. John's Wort have been shown time and time again to be highly effective at fighting ear infections. HOWEVER, please note that any oil-based ear drops are only appropriate when the ear infection has been caused by a bacterial or viral infection - not simply discomfort. If water is the culprit of the pain, for example, adding oil can make the infection worse.

Thus, our job is three-fold: to help relieve pain, to boost the body's immune systems, and to observe the symptoms in order to make an informed decision on how to proceed.

### HERE'S WHAT I RECOMMEND WHEN A CHILD COMES COMPLAINING OF EAR PAIN:

**First,** make a Heat Sock OR make an onion poultice. Have the child hold it against the ear for as long as they can stand it or until the sock or poultice is cool. This remedy can bring relief no matter what the cause of pain is.

**Second,** drip in a few drops of alcohol, such as witch hazel, or an alcohol-based tincture, such as St. John's Wort, which will help any water to evaporate and help fight infection.

**Third,** boost your child's immune system by giving them elderberry syrup, echinacea tincture, cold-and-flu teas, foods high in Vitamin C or heavy on garlic - anything your child is willing to take.

**Fourth,** observe your child's symptoms and complaints for a few hours, continuing with the first remedies as desired.

If there are no other telltale cold or flu symptoms and the child has recently been swimming or potentially gotten water in his or her ear during a bath or shower, then the infection is most likely due to water trapped in the ear and can be treated with onion poultice, alcohol-based tinctures, a heat sock, and other similar remedies.

However, if the ear pain is accompanied by a runny nose, cough, or other cold or flu symptoms, then the infection is likely due to either bacteria or a virus. These infections can also be treated with oil-based drops, such as the Garlic & Mullein Drops, or you may continue with alcohol-based drops. You may also swab lavender or tea tree essential oils just outside the entrance to the ear (NOT inside the ear).

Continue this every few hours until symptoms subside. If your child's ear infection isn't responding to home remedies within 1-2 days or if the pain continues to get worse, visit the doctor.

**Frequent Earaches?** If your child gets frequent earaches, consider removing dairy from their diet for at least three months to see if it makes a difference for your child. It is common that children who suffer from frequent ear infections also have dairy sensitivities and there are multiple bodies of research that have found strong correlations between the two.

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**IMPORTANT SAFETY NOTE:** If at any time there is blood or pus leaking from the ear or the child's fever spikes to above 103°F, see a doctor immediately.

## SALT WATER GARGLE FOR STREP THROAT

Salt water creates an inhospitable environment for bacteria to grow and helps reduce swelling. Add two teaspoons of sea salt to 1 cup of warm water and stir or shake gently to dissolve. Gargle a few tablespoons for 20-30 seconds so that all the tissues at the back of your throat are being bathed with the salt solution, then spit and repeat until the entire cup of salt mixture has been used.

Repeat 2-4 times each day.

## HERBAL GARGLE FOR STREP THROAT

1 cup dried usnea  
1/4 cup boiling water  
3/4 cup vodka, at least 80 proof (40% alcohol)

Place the usnea in a canning jar, then pour over the boiling water, pressing down on the herbs to make sure they're well soaked. Once the herbs are saturated, fluff them up again with a fork so the alcohol can penetrate into every nook and cranny around the herbs. Pour over the alcohol and cover tightly.

Let sit in a cool, dark place for at least two weeks, shaking gently every day or two, and for up to six months. The longer you let it sit the stronger and more potent the tincture will be.

After 2+ weeks, strain out the herbs - squeezing or pressing on them to extract all the liquid - and pour tincture into dark bottles to store. Label well.

Store in the refrigerator for up to six months.

**To use,** stir 2 tablespoons of usnea tincture into 1 cup of warm water. Gargle a few tablespoons for 20-30 seconds so that all the tissues at the back of your throat are being bathed with the solution, then spit and repeat until the entire cup of salt mixture has been used.

## STREP THROAT SYRUP

1/4 teaspoon cayenne pepper  
3 cloves garlic, grated  
1/2-inch fresh ginger, grated  
1/4 cup raw honey, preferably Manuka  
1 tablespoon apple cider vinegar

Place all ingredients in a small jar with a tight lid and shake to combine or whisk vigorously in a medium bowl. The mixture will stay fresh for several days, but is most effective when made fresh every two days.

Swallow 1/2 teaspoon every hour for 3-4 days until throat lesions subside.

Additionally, you may stir 1 tablespoon of this mixture into 1 cup of warm water and use as a gargle.

If lesions are still increasing after four days or you see no improvement after a week, see a doctor.

**PRECAUTION:** Do not use ginger if you take prescription blood thinners, have gallbladder disease, or have a bleeding disorder.

## YARROW NOSEBLEED PACK

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Yarrow is a long-used and effective styptic. For a much quicker remedy, have a yarrow tincture on hand and simply drip several drops on the tissue, then roll up and place in the nose. Even better, if you have fresh yarrow growing in your yard, pick a few of the small, fresh leaves and rub them between your hands to bruise them just a bit. Roll the leaves into a nasal plug, insert into the affected nostril, and leave until the bleeding completely stops before gently removing the plug.

1/2 cup dried yarrow leaves

1 cup water

Place the herbs and water in a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 10 minutes. Remove the lid and simmer until the liquid is reduced by half, 5-7 minutes.

Strain well, pressing on the herbs to release all the liquid, then bottle and store in the refrigerator for up to two weeks so it's ready for quick use.

**To use,** dip a tissue or handkerchief in the infusion and wring out lightly. Loosely roll one end of the tissue into a plug and place it in the bleeding nostril. The blood will likely flow around the tissue, so have another tissue pressing against the nose to catch the remaining blood.

Repeat with new plugs every minute or two until the bleeding stops.

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**PRECAUTION:** Yarrow should be used with caution during the first trimester of pregnancy.

A close-up photograph of a purple coneflower (Echinacea) with a vibrant orange-brown center. The flower is in sharp focus, while the background shows other similar flowers and green foliage, all slightly blurred. A white curved line separates the floral image from the pink background on the right.

# *Symptom Quick Sheets*

# Conjunctivitis (Pinkeye)

## DESCRIPTION

Pink eye is an inflammation or infection of the transparent membrane (conjunctiva) that lines your eyelid and covers the white part of your eyeball. When small blood vessels in the conjunctiva become inflamed, they're more visible. This is what causes the whites of your eyes to appear reddish or pink. Pink eye is commonly caused by a bacterial or viral infection or an allergic reaction. It may affect one or both eyes.

## SYMPTOMS:

Pink eye may affect one or both eyes. Its signs and symptoms include:

Redness

Itchiness

A gritty feeling

A discharge that forms a crust during the night that may prevent your eye or eyes from opening in the morning

Tears

## CAUSES/HOW IT'S CONTRACTED

Both viral and bacterial types are very contagious and are spread through direct or indirect contact with the eye secretions of someone who's infected.

Causes of pink eye include:

Viruses

Bacteria

Allergies

A chemical splash in the eye

A foreign object in the eye

Viral conjunctivitis and bacterial conjunctivitis may affect one or both eyes. Viral conjunctivitis usually produces a watery discharge. Bacterial conjunctivitis often produces a thicker, yellow-green discharge. Adults and children alike can develop either form of pink eye.

## WHEN TO SEE A DOCTOR

If you wear contact lenses, stop using them as soon as your symptoms begin. If your eyes don't get better within 12 to 24 hours, make an appointment with your eye doctor. He or she can check whether you have a more serious eye infection related to contact lens use.

In addition, other serious eye conditions can cause eye redness. Seek urgent care if you also experience pain, light sensitivity, or blurred vision.

# Coxsackie virus (Hand, Foot & Mouth Disease)

## DESCRIPTION

Hand, Foot & Mouth Disease (HFMD) is a mild, highly contagious viral infection common in babies and young children and is characterized by sores in the mouth and a rash on the hands and feet.

HFMD typically runs its course in 7-10 days. The usual incubation period from initial infection to the onset of symptoms is 3-6 days. A fever is often the first sign of HFMD, followed by a sore throat and sometimes a poor appetite and malaise.

One or two days after the fever begins, painful sores may develop in the mouth or throat. A rash on the hands and feet and possibly on the buttocks can follow within one or two days.

## SYMPTOMS

Sudden onset with fatigue

Fever

Sore throat

Painful, small red spot on the tongue, gums and inside of the cheeks that turn into blisters

A red rash, without itching but sometimes with blistering, on the palms, soles, and sometimes the buttocks

Irritability in infants and toddlers

Loss of appetite

## CAUSES/HOW IT'S CONTRACTED

HFMD is spread mainly through coughing, sneezing, and coming into contact with nose and throat secretions, such as saliva or fluid from mouth blisters. The disease is also spread by coming into contact with feces of infected persons.

Although your child is most contagious with hand-foot-and-mouth disease during the first week of the illness, the virus can remain in his or her body for weeks after the signs and symptoms are gone. That means your child still can infect others.

Some people, particularly adults, can pass the virus without showing any signs or symptoms of the disease.

## WHEN TO SEE A DOCTOR

Hand-foot-and-mouth disease is usually a minor illness causing only a few days of fever and relatively mild signs and symptoms. Contact your doctor if mouth sores or a sore throat keep your child from drinking fluids. And contact your doctor if after a few days, your child's signs and symptoms worsen.

# *Essential Oil Safety & Recipes*



# STANDARD DILUTION CHART FOR ESSENTIAL OILS

## FOR HEALING SALVES, MASSAGE OILS, AND OTHER TOPICAL APPLICATIONS

Dilution	0.25%	1%	2%	3%	5%	10%	25%
drops of essential oil per <b>1 tsp</b> (5 mL) of carrier oil	---	1	2	3	5	10	25
drops of essential oil per <b>2 tsp</b> (10 mL) of carrier oil	---	2	4	6	10	20	50
drops of essential oil per <b>3 tsp</b> (15 mL) of carrier oil	---	3	6	9	15	30	75
drops of essential oil per <b>4 tsp</b> (20 mL) of carrier oil	1	4	8	12	20	40	100
drops of essential oil per <b>5 tsp</b> (25 mL) of carrier oil	---	5	10	15	25	50	125
drops of essential oil per <b>6 tsp</b> (30 mL) of carrier oil	---	6	12	18	30	60	150
drops of essential oil per <b>1/2 cup</b> (125 mL) of carrier oil	6	24	48	72	120	250	625
drops of essential oil per <b>1 cup</b> (250 mL) of carrier oil	12	49	99	150	250	500	1250
<small>Essential oils are very concentrated substances and should be diluted for nearly every use. Keep all essential oils out of reach of children and pets. Store essential oils in a dark, cool place for the best long-term efficacy.</small>	20 drops = 1 milliliter (mL) 100 drops = 1 teaspoon (tsp)			1 fluid ounce (US) = 6 teaspoons 29.5 mL = 1 fluid ounce (US)			

## BEST PRACTICES FOR ESSENTIAL OILS

<b>0.25% dilution</b>	Children 6 months - 6 years // Use very sparingly under age two <i>Dilution may be increased 0.5% for short periods</i>
<b>1% dilution</b>	Children over age 6 // Pregnant women // Elderly adults // Those with sensitive skin, compromised immune systems, or other serious health issues // For massaging over a large area of the body
<b>2% dilution</b>	Ideal for most adults and in most situations, including daily skin care
<b>3% dilution</b>	Used short-term for a temporary health issue, such as a muscle injury or respiratory congestion. <i>Up to <b>10% dilution</b> is acceptable, depending on the health concern, the age of the person, and the oils being used.</i>
<b>25% dilution</b>	Short-term use only, such as for muscle cramping, bad bruising, or severe pain
<b>Using oils neat (undiluted)</b>	Use caution when using EOs undiluted, as some individuals can experience irritation or sensitivity. Lavendar may be used neat for short periods, such as for bug bites, burns, stings, or cramps.

# Make Your Own Blends! Essential Oils for Colds & Flu

Feel free to mix up any blend you'd like - just consult the table below to get a bit of inspiration and how to keep everyone in the family safe.

Common Name	Latin name	Description	Safe for...
<b>Basil</b>	<i>Ocimum basilicum</i>	Helps open nasal passages.	Safe for children over 2 years.
<b>Cedarwood</b>	<i>Cedrus atlantica</i>	Removes phlegm from the respiratory tract and lungs.	Safe for children and babies.
<b>Chamomile, Roman or German</b>	<i>Anthemis nobilis, Matricaria rectutita</i>	Relieves congestion and helps calm crankiness.	Safe for babies of all ages.
<b>Eucalyptus</b>	<i>Eucalyptus globulus, Eucalyptus radiata</i>	Potent antiseptic, antiviral, and decongestant. Eucalyptus globulus smells more medicinal and Eucalyptus radiata is slightly milder.	<b>Eucalyptus globulus</b> should be avoided with children under 10 years. <b>Eucalyptus radiata</b> should be avoided for children under 6 years.
<b>Lavender</b>	<i>Lavandula angustifolia</i>	Antihistamine, antiseptic and antimicrobial.	Safe for babies of all ages.
<b>Lemon</b>	<i>Citrus x limon</i>	Stimulates immune function, but do not use in lotions or creams.	Safe for children over 2 years.
<b>Marjoram, Sweet</b>	<i>Origanum majorana</i>	Antimicrobial. Helps with breathing.	Safe for children over 2 years.
<b>Orange, Sweet</b>	<i>Citrus sinensis</i>	Helps promote calmness.	Safe for babies over 6 months.
<b>Peppermint</b>	<i>Mentha piperita</i>	Helps to open nasal passages. Use with caution during pregnancy and avoid while breastfeeding.	Do not use on babies or children under 6 years.
<b>Pine</b>	<i>Pinus sylvestris</i>	Great for colds and congestion. Has decongestant and antimicrobial qualities.	Safe for children and babies.
<b>Rosemary</b>	<i>Rosmarinus officinalis</i>	Helps open nasal passageways and helps purify air and surfaces.	Safe for children over 2 years. Use with caution during pregnancy.
<b>Spruce</b>	<i>Picea mariana</i>	An anti-spasmodic that also helps clear phlegm.	Safe for babies over 6 months.
<b>Tea Tree</b>	<i>Melaleuca alternifolia</i>	An effective antimicrobial, expectorant and antiseptic.	Safe for babies over 6 months.
<b>Thyme</b>	<i>Thymus vulgaris</i>	Very useful for colds, flus, and chills. Use sparingly and avoid if you have high blood pressure.	Safe for children over 2 years.