

Raising Healthy Kids

In the 21st Century

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Welcome to Raising Healthy Kids!

If you're like so many parents out there (myself included), then you want the truth. You don't want some watered-down version of it. So often we're given health information that is attached to an agenda of some kind. Whether it be from doctors, pharmaceutical companies, formula companies, etc., it's just NOT the truth. In this short eBook, my goal is to briefly cover some of the main areas when it comes to raising healthy kids. This book is not intended to be exhaustive in each of these areas of health, but rather to introduce readers to the basics of where true health comes from. Each topic can certainly be researched further and there are more in-depth resources out there (which I will include at the end), but please enjoy this quick read. All of the information presented here is pulled from peer-reviewed research, expert authors, and practicing doctors. This book is especially intended for new parents, as they try to navigate the murky waters of our healthcare system. My advice is to "trust your gut", and question everything you hear from doctors and nurses. Just because someone in a white coat or scrubs said it to you, doesn't mean that it's true.

Chapter 1 – Pregnancy

Raising a healthy child in the 21st century starts with health of mom and dad. At the time that this book was written, most women (and men) in their child-bearing years grew up in the 1970's, 1980's and 1990's taking antibiotics regularly, eating poor-quality food, taking birth control pills (women), getting silver (amalgam) fillings, and receiving way more toxic vaccinations than their baby-boomer parents. So many men and women today are loaded with toxins, have hormonal imbalances, reproductive challenges, struggle with anxiety and depression, and many suffer with chronic disease. So, if our children are going to have a chance to be healthy, moms and dads have to get their acts together and prepare their bodies for a healthy pregnancy.



“what does the father have to do with these things?”

This would include but isn't limited to: drastically changing their dietary habits, discontinuing birth control pills immediately (women), drinking more water, exercising regularly, having their silver mercury fillings properly removed (more on this later), improving their mental/emotional health, and receiving chiropractic care to optimize the function of their nervous systems. Some reading this may say "what does the father have to do with these things?" It's a great question that leads to an answer that can be found in the field of epigenetics.



Epigenetics is a relatively new field of biology that looks at the way our behaviors influence our genes. Research is now showing that the choices that parents make in their own lives (especially health-related choices) will directly affect the genetics of their offspring. Basically, we can turn good genes on or off, and we can turn bad genes on or off with the choices that we make.





For example: if I were to eat fast food every day, smoke two packs of cigarettes, and drink a six pack of beer, I would be activating genes in my DNA that were “bad” genes. These “bad” genes would make me more susceptible to various diseases.

On the contrary, if I were to eat a nutrient-dense, organic diet (full of healthy proteins, healthy fats, and lots of vegetables), exercise regularly, and minimize my stress levels, then I would be activating “good” genes. Activating these “good” genes would make my body stronger and more resistant to disease.

You see, the health and lifestyle of a man and woman **BEFORE** they get pregnant has a profound impact on the future health of their child. Whatever state of genetic expression your body is in when your child is conceived, will lay the foundation for their genetic coding as their body develops.

Once a woman becomes pregnant she needs to surround herself with the proper prenatal [team](#) that can provide her with the care that she desires. This is crucial for a woman to thoroughly research the location and the type of birth that she desires. While research from the WHO (World Health Organization) recommends birthing at home with a midwife, not all women want a homebirth. So, if a woman wants to have a hospital birth, hiring a doula becomes very important. A seasoned doula will be able to help the mother navigate the prenatal and birthing experience in the hospital. This is crucial to minimize their chances of being overly-managed in the hospital and receiving too much intervention. Examples of this would include: Pitocin, epidurals, excessive fetal heart monitoring, breaking of water, stripping of membranes, excessively monitoring dilation of the cervix, and pushing for unnecessary cesarean sections. Research has shown that these interventions are related to adverse outcomes.



Pregnancy, medications and vaccinations ...

Another concern during pregnancy is the use of “generally safe” medications and vaccinations taken by moms. The CDC and FDA have something called “Pregnancy Categories A, B, C, and D”. In fact, the CDC just rolled out a new program to examine the use of drugs during pregnancy because there are little to no long-term studies examining the effects of medications taken during pregnancy. Some common drugs that are taken are: prenatal vaccinations, toxic prenatal vitamins, and prenatal drugs (such as anti-depressants, anti-inflammatories, allergy medications, cold/flu medications, heartburn medications, and steroid creams for rashes). Many of these drugs have been studied in animals and have been declared “generally safe”. Most however, have not been studied in humans and have been utilized anyway “because the potential benefit outweighs the potential risk.”





With that said, my advice is stay as far away from all drugs during your pregnancy unless of course it is a medical emergency. There are always safer, more natural alternatives available. It just requires research and education on the parent's part. Often, a holistic healthcare provider can guide expecting moms towards more natural alternatives to prenatal drugs and vaccines.

Chapter 2 – Birth

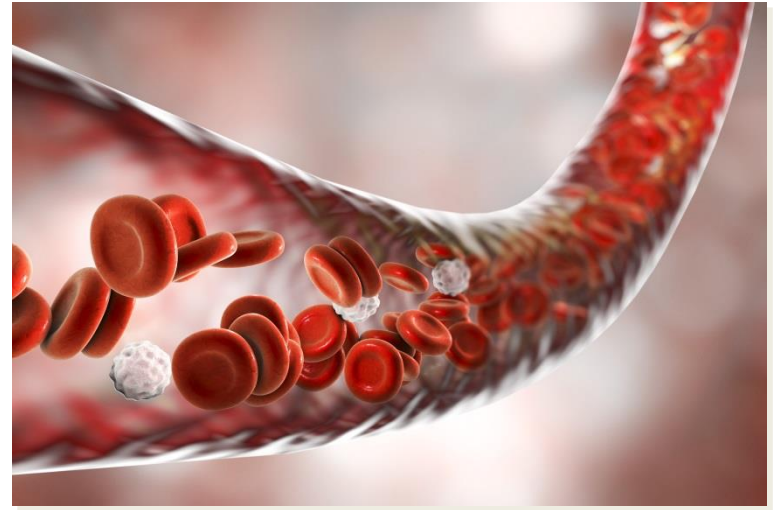
Ideally children will enter the world through the vaginal canal and receive their first exposure to [beneficial bacteria](#) (from the vaginal canal) that will help strengthen their immune system. Unfortunately, national trends of cesarean section births are rapidly rising, with some hospitals approaching 50% of their births being performed via [cesarean section](#). This trend is alarming because multiple studies show that these kids don't have as strong immune systems as those born vaginally. When you also consider how medicated birth has become, infants are often exposed to multiple drugs (Pitocin, epidurals), excessive [ultrasounds](#), and unnecessary surgeries. The ideal scenario would be a totally natural birth (without the use of drugs or surgery), either at home, in a birth center, or a hospital, with a midwife attending the birth.



A mother could expect a relatively short, smooth delivery if she has taken [proactive steps](#) during her pregnancy which would include: regular exercise (including yoga), excellent nutrition, regular [chiropractic](#) care (to help align the spine and improve motion in the joints of the lumbar spine and pelvis), and practiced controlled breathing. Of course, there are the minority of cases where drugs and surgery are indicated due to an emergency, and whatever is best for the mother and baby needs to be done. But, these situations are still very much the minority of cases, even though more and more births are being considered high risk (due to various factors such as age, diabetes, fertility interventions, and eclampsia). The statistics show that more and more intervention is being used, but these interventions are not creating better outcomes among low-risk women.



The next obstacle that a newborn is thrust into within minutes of birth is a series of [four](#), very questionable practices (keep in mind, many parents choose not to have these four things done to their child, and I believe that children are better off without these procedures). The first thing that hospital staff will do is cut the umbilical cord as soon as the baby is out of the birth canal. This is unique to the US, and is in direct contrast to what the WHO (World Health Organization) recommends. You see the umbilical cord is filled with **highly oxygenated, nutrient-rich blood**, and **stem cells**. Therefore, it is logical to allow the placenta to continue to pump this nutrient-rich blood to the baby **for 5-10 minutes (or until it stops on its own)**. By cutting the cord immediately, the infant is denied this incredibly rich blood.



The second hurdle to undergo directly after birth is that the newborn will receive antibiotics in their eyes. The concern here is that certain venereal diseases (chlamydia, gonorrhea, syphilis) can actually cause eye damage and potential blindness in the newborn. So in the case of a birth mother who has a history of venereal disease, this practice is logical and potentially beneficial.

The part that is concerning though, is why give antibiotics to a newborn if their mother has no history of venereal disease? It doesn't seem appropriate or necessary. It has become a "one size fits all" measure that hospitals take to minimize their risk of being sued in the extremely rare event that a doctor or nurse was carrying the disease on their hands or clothing unknowingly.



The third obstacle

that a newborn will endure is a vitamin K shot. This is a relatively unknown practice to most parents and they don't think to question the need for it. The idea behind this practice is that ALL babies lack vitamin K when they are born, so the theory is that they need synthetic vitamin K injected into them at birth. Vitamin K is a crucial part of our blood clotting system, therefore if babies lack vitamin K at birth, hospitals see it as an increased risk of internal bleeding during the birth process. This isn't a logical conclusion for several reasons. First of all, if ALL babies are low in vitamin K at birth, doesn't it make sense to believe that that is the intent of God's design? If some babies were low but others weren't, then it would be safe to assume that perhaps some babies need vitamin K. But if ALL babies lack vitamin K at birth, then it seems quite logical to assume that that's the way it is intended to be.



In the birthing process many babies are squeezed, pulled, and handled rather roughly. Consequently, in 1961 the American Academy of Pediatrics decided that it would be prudent to give all babies vitamin K injections to minimize the potential risk of internal bleeding from a birth injury. Studies have revealed a very minor benefit from this practice in the reduction of internal hemorrhaging in newborns. I think that it is quite fair to consider this practice beneficial overall, but I believe that it would be safer and more logical to administer a natural form of [vitamin K orally](#) (which is how humans consume vitamin K). More and more parents are electing to give the oral vitamin K drops to their newborns to avoid the toxins in the shot, AND to avoid the unpleasant jab of a needle into their newly born baby.



The last thing that newborns endure is a Hepatitis B vaccine within minutes or hours of birth. Again, the logic of this practice should be questioned for a multitude of reasons and should be

reconsidered all together in my opinion. Hepatitis B is a disease that is transmitted three ways primarily; sexually, IV drug needle, and mother to baby. Fortunately, with modern blood testing, it isn't difficult to determine if the mother has Hepatitis B or not. So, if she doesn't have it, then it's pretty safe to assume that her newborn child won't be engaging in IV drug use or sexual intercourse anytime soon. Consequently, the need for the Hepatitis B vaccine at birth is sorely lacking evidence that supports its regular use.





Chapter 3 – Breastfeeding

What's interesting about [breastfeeding](#) is that the CDC has just published an official statement (2016) that they want to disassociate the term “natural” with breast-feeding, because it suggests that it is better than formula for infants. It doesn't take much to see through this facade, but why would we be told wrong information by our government health organization? Well, the same giants that dominate the food industry also own the formula companies. Baby formula is big business, so there are millions of dollars at stake when the CDC promotes baby formula.



The obvious truth is that breast milk is far superior to baby formula in every possible scenario. Even a mother who has a less than ideal diet is way better off breastfeeding her baby than formula feeding. Breast milk contains saturated fats, unsaturated fats, lauric acid, protein, and lactose sugars in the just the right amounts that meet the baby's needs. In fact, the mother's breast milk will change its nutrient content to meet the needs of the baby as they grow. Obviously, formula can't do that. Another major part of nursing is the amazing immune benefit of passing antibodies from mother to baby. This is called "passive immunity" when a mother passes her antibodies (to certain antigens) to her baby. This allows the baby to receive protection from illness during the formative years of their own immune system. A child's immune system doesn't fully form until after the age of two, so the ideal amount of time to nurse is approximately two years. Studies show that breast-fed babies have lower rates of asthma, allergies, ear infections, respiratory illnesses, bouts of diarrhea, hospitalizations, and trips to the doctor. Perhaps the most important statistic, is that breast-fed babies have lower infant mortality rates from deadly conditions such as SIDS (Sudden Infant Death Syndrome) and "Failure to thrive syndrome".



The benefits for mothers are extensive as well. Breastfeeding burns extra calories, so it can help mothers lose pregnancy weight faster. It stimulates the release of the hormone oxytocin, which helps the uterus return to its pre-pregnancy size and also helps to reduce uterine bleeding after birth. Numerous studies have also revealed that breastfeeding lowers the risk of breast and ovarian cancers. Are there certain circumstances where a mother cannot breast feed? Of course, but formula feeding is certainly not ideal and should be reserved for the rare case when breast-feeding is not an option. If you are a mother who is really committed to giving your baby breast milk, but simply cannot produce enough on your own, you can search online for mother's groups in your area. It is not uncommon at all for breast-feeding support groups or other mother's groups to have a forum where women discuss their challenges with nursing, and more often than not you will find a woman who would be happy to donate extra breast milk to you.

Chapter 4 – Vaccines



The topic of vaccines could easily be an entire book unto itself, and there are plenty of amazing resources out there on the topic of vaccination that are much more thorough than this text will be. In this section, the goal will be to raise questions that warrant well-researched answers on the part of the reader. This topic is simply too in-depth to cover in its entirety. Let's begin by defining what a vaccine is and how it works.

A vaccine is a man-made product that contains antigens to a certain illness. It is delivered orally, nasally, or most commonly injected into the bloodstream. The purpose of a vaccine is to expose the immune system to a small amount of an antigen (illness or disease), so that the body can form an immune response to that antigen. The hope is that this will create “immunity” or protection to future exposures to that sickness/disease.

The idea sounds great, but are vaccines really safe and effective? Here are ten questions that need to be asked and thoroughly answered. Some great resources to help answer these questions can be found at the end of this book.

The idea sounds great, but are vaccines really safe and effective?

Here are ten questions that need to be asked and thoroughly answered. Some great resources to help answer these questions can be found at the end of this book.

- 1.** How is the efficacy of a vaccine measured?
- 2.** Assuming a vaccine does provide protection, how long does that protection last?
- 3.** Are all of the ingredients in vaccines safe? Ex: thimerosal, aluminum, formaldehyde, animal tissue, antibiotics (to name a few)
- 4.** How come kids that get vaccinated can still get sick with the very same illness that they were vaccinated against?
- 5.** Does the concept of “herd immunity” apply to vaccination, or does that term only apply to natural immunity (natural exposure to a disease)?
- 6.** If vaccines are so safe (like we’re always told), why does the NVICF (national vaccine injury compensation fund) exist and how come it has paid out billions of dollars to families of “vaccine-injured children”?

7. What are the real risks of injury from a vaccine?

8. Is there any research that supports the safety of a child receiving 49 doses of 14 vaccines by the age of 6 (the current recommendation of the CDC recommends as many as 8 vaccines at one time)? Most research is conducted on the safety of single vaccines. As of now, there is no research supporting the safety of multiple doses of vaccines at one time.

9. Is it fair to deny a public-school education to a child because their parent/parents have concerns about the safety and efficacy of vaccinations? Currently California does not allow unvaccinated children to attend school.

10. Is the current vaccine research accurate, unbiased, and without controversy? As of the writing of this text (2017), there are two cases in the supreme court involving accusations of fraudulent studies performed by the CDC and Merck (Merck and Co.) on the safety and effectiveness of the MMR vaccine.

As you can see, there are many questions surrounding the safety and effectiveness of vaccines. The topic more than deserves the time and attention of the parents to fully explore all of the risks and benefits before vaccinating their children.

Chapter 5 – Chiropractic

Contrary to the concerns of some, the benefits of [chiropractic](#) care for children are numerous. Children suffer quite a bit of stress on their spine and nervous system beginning with the birth process and continuing through childhood. When you think about the physical stress involved with the birth process, learning to crawl and walk, falling constantly, their spine and nerve system can be greatly affected by those stresses. When a child experiences different stress on their spine, it can become misaligned and can irritate the surrounding nerves. The most common ways that spinal misalignments and nerve stress will affect a child are as follows:

1. **Difficulty nursing**
2. **Torticollis/poor head symmetry**
3. **Reflux**
4. **Colic/digestive challenges**
5. **Chronic ear infections**
6. **Poor immune function**
7. **Difficulty relaxing and sleeping**
8. **Orthopedic and Bio-mechanical problems**
9. **Scoliosis**
10. **Anxiety/ADHD**



A lot of people

associate chiropractic adjustments with lots of “cracking” and “popping” noises and have fears related to their child receiving chiropractic adjustments. Parents can rest assured that a Doctor of Chiropractic has proper training in how to properly analyze and specifically adjust the spines of babies, toddlers, and children of all ages. Just like a mother shows great caution in handling her new baby, a chiropractor does as well. When infants and small children are adjusted, there are no “popping” or “cracking” noises, just gentle pressure to equal the amount of force one would use to check the ripeness of a tomato. As children grow into adolescents and teens, they are often involved in sports and other hobbies that involve lots of physical stress. Many teens will suffer spinal traumas and/or Traumatic Brain Injuries (TBI’s or concussions). These are serious and often overlooked injuries, where [chiropractic](#) is crucial to help restore the spine to its proper position, so that the child doesn’t have recurring spinal problems for the rest of their life. Chiropractic care is utilized by the vast majority of professional athletes, Olympians, military personnel, and people of all ages and walks of life. When applied properly to children, the benefits are immense.



Chapter 6 – Nutrition & Water

Anyone that is a parent knows how difficult it can be to get your kids to eat healthy foods. But I urge you to not give in to convenience, or the child's demands for junk food. A strong argument can be made that the number one cause of child illness is poor nutrition. Let's discuss why this is the case. Most "kid" food is loaded with GMO's (genetically modified organisms), sugar, corn syrup, food colorings, and [preservatives](#). These ingredients are known neurotoxins that can affect everything from our child's behavior to the function of their immune system. Many people ignore these facts and subscribe to the "kids don't eat healthy food" paradigm. Folks, this is nonsense and we need to act like parents and guide our children in how to develop good eating habits. If we as parents don't, then who will?



It is well known that large food companies have infiltrated our schools with unhealthy food that is loaded with chemicals, preservatives, and is devoid of nutrients. Schools are littered with vending machines dispensing sugary sports drinks, soft drinks, and processed teas that are also loaded with sugar. Snack machines make candy and other junk foods way too accessible to our children. We need to teach our kids healthy habits or else they will end up obese and burdened by chronic diseases like the majority of Americans today.



A more thorough guide to proper nutrition can be found in our free e-book, [“The 21st Century Nutritional Blueprint”](#). The earlier we help our kids establish healthy eating habits, the better lives we all experience.



Creating healthy hydration habits is so important as well. Providing a clean source of water for our kids is not only simple, but it is way more cost effective than buying them sugary fruit drinks, milk, and other “kids” drinks. Buying bottled water is unnecessary and really bad for the environment due to all of the plastic waste it creates. Our best bet is to buy a high-quality water filtration system and reusable bottle. A good water filtration system will make tap water healthy and safe, is very cost-effective, and is great for the environment. Some great examples are reverse osmosis systems, multi-stage water filters, and whole-house water filters. The brand that I’ve been using for years is [Aquasana](#), and I’ve been quite happy with the performance, quality, and price.

Chapter 7 – Exercise

Creating good exercise habits at an early age is another major facet of raising healthy children. Just about all parents are aware of the obesity epidemic that has been growing among American children at a very rapid rate. This epidemic is due to many factors, but one of the main causes is the dramatic drop-off in the amount of exercise that children get today. Some of the reasons for this are because kids spend more time indoors playing video games, doing school work, parents work longer hours, and for many families' safety concerns keep children indoors much more than previous generations. For whatever the reason may be, we have to look at this in a much wider scale. Just like nutrition habits are formed early, so are exercise habits. It is so important to model this behavior of being physically active for our children, so that they think being active is just part of life and it's "normal".



Studies have shown that “modeled behavior” is more effective than any verbal teaching for children. Remember, kids “do what you do, not what you say”. Some strategies to implement this are to limit television and computer time, encourage participation in sports or outdoor hobbies, and lastly find physical activities that can be performed indoors for rainy days and cold weather. Even if you are not a “physical” person yourself, it is absolutely crucial that you give your children the opportunity to enjoy and value being physically active, so that they can experience well-rounded health.



Chapter 8 – Developing Healthy Habits

This is the “psychological” part of this book. Creating positive, constructive behaviors in our children is without a doubt one of the most challenging, yet rewarding jobs that we have as parents. It goes without saying that we all want our children to make good choices, have great coping skills, social skills, be free of anxiety and depression, and have a healthy emotional state. We would love it if they were mentally and emotionally better off than we are, because we would never want them to experience all of the pain and hurt that we have experienced in our lives. The truth is that this is impossible. Despite our best efforts to shelter our kids from all of life’s storms, they are going to experience hurt, pain, regret, shame, and all of life’s negative experiences. But, it’s these experiences that help shape them into the amazing people that they were created to be. So, it is crucial that our parenting skills create a healthy, consistent environment for our kids that paints clear boundaries and includes positive re-enforcement.



Some healthy habits that we need to focus on and develop in our children are:

1. Patience – we all know that if we give our kids what they want exactly when they want it, we are creating unrealistic expectations for them and it's a disservice.

2. Contentment – teaching our kids to be content with what they have has many impacts on their overall state of health. Understanding contentment teaches kids about money, portion control, taking care of things, and helps them to realize the downside of constantly wanting more.

3. Determination – this habit more than any other teaches our kids how to be mentally strong and to not quit at the first sign of trouble. Think of how fortunate you are if your parents taught you how to work through adversity, remain strong in the face of fear, and to diligently work towards your goals. If we as parents don't teach this, who will?

4. Self-discipline – no one would argue the value of self-discipline, especially when it comes to our health. If you don't want your child to be the obese, sick, and medicated child, then some self-discipline is a valuable skill. How many parents struggle with self-discipline in the realm of diet and exercise? The answer is the overwhelming majority of people do! So, if you struggle with self-discipline, don't just work on it for yourself, do it for your kids. Kids will do what you do, not what you say! Be a great role model!

Chapter 9 – Avoiding Toxins

Many people are completely unaware of the extremely high amounts of toxins that our kids are exposed to on a daily basis. On top of that, most parents have no idea that this chemical onslaught is actually harming their children physically, and creating more challenging behaviors. The toxic exposure that our children receive has been studied for well over 40 years now, but unfortunately not much has been done to reduce this exposure. In fact, our kids are being exposed to more and more toxins each and every single year.

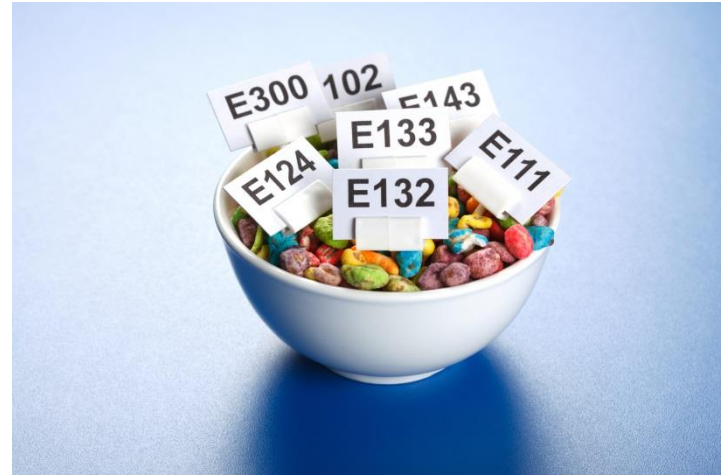


The top 4 toxic exposures that our children get on a regular basis are:



1. Vaccines/Drugs -

As mentioned earlier in this book, children receive up to 49 vaccines before the age of six, and approximately 90 vaccines by the age of eighteen, if the CDC's recommended schedule is followed. These vaccines contain many toxic ingredients such as: thimerosal (ethyl mercury), aluminum, antibiotics, polysorbate 80, borax, animal organ tissues, aborted fetal tissues, and many other controversial ingredients. Gut-destroying antibiotics are given to our kids at alarming rates, often without any evidence of a bacterial infection. As parents, we're encouraged by our pediatricians to give our kids Ibuprofen, Tylenol, Benadryl, cough syrups, and whatever else they sell at the drug store to pacify their symptoms when they're sick. The diagnosis of ADHD often leads to our kids being prescribed mind-altering drugs to try to control their behaviors. ADHD medications fall under the umbrella of amphetamines; just like cocaine and speed. It's no wonder that these kids then require yearly check-ups with a cardiologist to monitor their heart function. All drugs and vaccinations have a cost/benefit ratio that needs to be considered before we administer them to our children.



2. Junk food/food coloring –

Many of us were unaware at one time, and you may still be unaware of the terms “excitotoxins” and “neurotoxins”. These are words used to describe chemicals that are toxic to our nervous systems. Foods such as monosodium glutamate (msg), food colorings, artificial sweeteners (Splenda, aspartame, sweet n’ low), nitrates/nitrites, and numerous other preservatives are examples of these toxic ingredients found in many “kid foods”. Isn’t it ironic that the food industry has actually separated food into different categories? It’s as if they are saying you have somewhat normal “human food” or “adult food” in one category. Then you have “kid food”, which is the incredibly fake and highly processed junk (i.e. lunchables), and then you have pet food (which happens to be closely monitored by the FDA. We would never want our pets eating anything that was toxic to them, but it’s okay for our kids). Sugar is another substance that will affect behavior, immune-system strength, and will have deleterious effects on teeth. Sugar is addictive and is found in almost every single “kid food” available.

3. Chemicals from household cleaning products, plastics, and toys –

Most children spend the majority of their early years chewing on toys made from petroleum-containing plastics. The concern with these plastics is that they contain hormone-disrupting compounds that can affect the way our kids enter puberty and can promote endocrine diseases and disorders. Household cleaning products often contain chemicals such as SLS (sodium-lauryl sulfate), Phthalates, and DEA (di-ethyl amines) that are not only toxic, but also disrupt endocrine glands like the thyroid, parotid, and pineal glands. Studies have routinely revealed that these chemicals are commonly found in high concentrations in our children.





4. Dentistry -

I highly recommend finding a good dentist that is comfortable to work with your children. Hopefully, your children won't require a lot of dental work, but unfortunately many parents will find themselves with a child that is quite prone to cavities and decay. The primary concern that we should have as parents is that many dentists are still placing mercury-based, amalgam fillings in our children. There is no excuse other than total ignorance, to be placing high loads of mercury into a small, rapidly developing child. You want to use a "mercury-free dentist" for yourself and your children.



Other toxic exposures include commercial versions of the following products: personal care products (shampoos, moisturizers, etc.), toothpaste (containing fluoride and triclosan), sunscreens, and anti-bacterial products (soaps, wipes, hand-sanitizers). It has been well-documented for years now, that anti-bacterial products containing the chemical “triclosan” are damaging to our health. When choosing these products, we always want to consider a home-made option, organic options, or at the very least researching the least toxic option you can find.

Chapter 10 – Natural remedies and Supplements

When it comes to dealing with almost any childhood health issue, my motto is that “there is always a better way” than conventional medicine. What I mean by this statement is that unless we’re dealing with a life-threatening crisis, conventional medicine is always trumped by natural remedies. In most cases, conventional medicine approaches will create more harm than good in our children. There is always a better, safer, and far less toxic natural remedy for any common childhood ailment. We’ve been conditioned our whole lives to believe that every answer for our children’s health ailments can be found by bringing them to their pediatrician and leaving with a prescription. This is delusional thinking that is perpetuated through constant advertising and scare tactics by the pharmaceutical industry. How many children are prescribed antibiotics for a viral infection? How many kids are falsely diagnosed with asthma and begin a lifetime of dependence on asthma medications? ADHD? Allergies? I could go on and on, but there is no reason to belabor the point. The bottom line is that conventional medicine is extraordinary in trauma and extremely rare, life-threatening illnesses. Otherwise, you are better off using much safer alternatives to drugs and surgeries. Let’s explore some preventative supplements and [natural remedies](#) and conditions that they help alleviate.



Essential oils –

These amazing oils have a track record that goes back thousands of years. Their safety and effectiveness has stood the test of time, and they are becoming more and more popular in recent years as people look for alternatives to medicines. Numerous books and manuals can be found online that list which oils are most effective for various conditions.

Immune-supporting supplements –

There are various companies that make great preventative products that can effectively boost immunity, and help our kids avoid many illnesses. An example of this is the supplement Congaplex by the company Standard Process®. These supplements work by activating white blood cell activity to help the immune system “up” its performance for a period of time. These are most effective at the first sign of illness, or if you simply suspect that your child was exposed to some sort of virus from other children.

Food-based vitamins –

Food-based and multi-mineral supplements are essential for kids and adults because our diets simply lack the amount of nutrients that our bodies need to function at our best. This goes back to the fact that commercial farming has depleted the soil of the nutrients it once had, so consequently modern food just isn't nutrient dense. The body relies on crucial vitamins and minerals to support proper function.

Vitamin D3 –

Vitamin D3 (cholecalciferol) is an essential vitamin that acts more like a hormone in our bodies. This supplement is particularly important for our children to take because it is extremely difficult to get from food. The list of benefits of vitamin D3 is extensive, but some of the main highlights are improved immunity, improved hormone performance, vitamin D3 helps fight depression, helps protect against cancer, and helps with proper bone development to name a few.





Calcium lactate –

Used as a natural fever reducer if the child needs assistance breaking a fever. Remember though, that fevers are very beneficial to the immune system and help to fight viral and bacterial illnesses. Calcium lactate can be found in a powder form and can be mixed with warm apple juice for best results to reduce prolonged fevers. But as a general rule; you want to leave fevers alone, and let the child's body work through it. When they can't sleep and just can't break it, I recommend giving calcium lactate.

Omega-3 fats –

These essential fats are so important for brain development, they fight inflammation, and help create the proper fatty acid ratio in our children's diet. Most "kid" foods are loaded with omega-6 fatty acids, which drive systemic inflammation and create horrible dietary habits for our kids that stick with them as they get older.

Ibuprofen –

Generally I don't recommend giving ibuprofen to kids, but there are certain scenarios that can warrant its use. It can provide help for pain relief, helping the child sleep, and for extreme fevers (if they don't respond well enough to calcium lactate). While it's not a "natural" vitamin or supplement, it can be very effective in helping a child achieve a calm and restful state, which is so important for healing to take place. More on this in the "Fever" section of this book.

Chapter 11 – Sleep



Restful, restorative sleep is one of the main things that children need to heal and function at their best. It is rather safe to say that there is no health condition that won't improve with a really good night's sleep, and it's also safe to say that consistent, restorative sleep will keep our children much healthier than if they had poor sleep. The challenge with this topic is that it can be a complicated issue with many parents. This is because it can greatly be affected by parenting philosophies, lack of control, or simply lack of knowledge. It is well established that children require more sleep than adults, and seem to do best in the 10-14 hour range depending on their age. Obviously the younger the child is, the more sleep that they require.



Children do best if their parents or caretakers create a routine that they can rely on and become accustomed to. Any parent has seen the result of their child not getting enough sleep, and it can be quite frustrating to deal with. Many children will exhibit behavioral problems or immune system weakness when they consistently do not get enough sleep. These problems will often lead to unnecessary medication use such as ADHD medications (Ritalin, Adderall, etc.), antibiotics, or steroids. It's not uncommon to see children taking two to three different medications for health conditions related to lack of sleep or poor sleeping habits. This is why it's so imperative to establish consistent [sleeping](#) routines for your children.

Chapter 12 - How to handle fevers

Every parent deals with their child suffering with a [fever](#) at one point or another. This is part of the normal function of the immune system. It's extremely important to understand what the body is doing when it induces a fever, and why it's so important to let the fever do its job. A fever is the body's way of killing off unwanted viruses and bacteria, by creating an environment that doesn't allow them to live.

The body heats up to 101, 102, 103, even 104 degrees (Fahrenheit), which is impossible for these heat-intolerant viruses and bacteria to survive.

So by allowing our child's fever to do its job, we're allowing their immune system to develop properly. Can there come a point where a fever is dangerously high? Yes, of course. But understand that the body has a built-in mechanism for reducing fevers. 105 degrees Fahrenheit seems to be the apex where a fever would be aggressively killing off a virus or bacterial infection of some kind.



I am in no way recommending you let your child's fever reach 106 or 107 Fahrenheit, but if it did, understand that the body has a built-in mechanism to deal with this. The body would actually induce a seizure to trigger the body to sweat, so that it would cool down. While nobody wants to experience that, (and I'm not recommending that you do) your child is not going to die from a high fever or a seizure. But often, the fear of the unknown will cause us to over-manage or over-medicate a fever. New parents are often told by their pediatricians to give ibuprofen or Tylenol at the first sign of a fever. This is simply incorrect. I would recommend letting a fever work up until 104-105 degrees Fahrenheit. If the fever does not break, then Tylenol or ibuprofen could certainly be given. Or cool compresses and calcium lactate could be given if you really want to avoid giving your child medications. Every parent has their own comfort level and trust in the natural healing capabilities of the body. But understand that over-medicating your child will harm them in the long run. It will decrease the development of their immune system and make them more prone to health problems in the future.





In conclusion

This information has been gathered from a number of different resources including books, interviews, peer-reviewed studies, and personal experience of caring for children over the last ten years. I personally have three children, one of which my wife and I adopted, so his health history was completely different from my two biological children. My adopted son was exposed to a mainstream medical birth, and received numerous vaccinations prior to us adopting him. As a physician, I've cared for hundreds of children, and I'm convinced that this e-book is an excellent foundation for parents to begin to navigate raising healthy kids in the 21st century. Again, please see the resources page to expand your knowledge and reading.

Appendix A

How to minimize the potential harm from vaccines

Pre-vaccine antioxidant protocol- for children up to 30 lbs.

Vitamin C - Take high doses of Vitamin C for three days prior to the vaccine (5mg per pound of child's body weight), the day of the vaccine (10 mg per lb), and three days after the vaccine (5mg per pound).

Vitamin A - 5,000 IU (oral drops) for 3 days prior to vaccine, 10,000 IU the day of the vaccine, and 500 IU for 3 days after the vaccine.

Probiotics - Double the recommended dose (for infants/toddlers) for 3 days prior to the vaccine, triple the recommended dose for the day of the vaccine, and double the recommended dose for 3 days after the vaccine is administered.

Toddlers 31–50 lbs. does will be as follows:

- **Vitamin C** - 15 mg/lb. of body weight for 3 days prior to the vaccine, 30 mg/lb. the day of the vaccine, 15 mg/lb for 3 days after the vaccine.
- **Vitamin A** - 10,000 IU for 3 days prior, 15,000 IU the day of the vaccine, 10,000 IU for 3 days after the vaccine
- **Probiotics** - double the recommended amount based on age or weight for 3 days before and after the vaccine. Triple the recommended dose on the day of the vaccine.

Children 51–100 lbs. doses will be as follows:

- **Vitamin C** - 30mg/lb. of body weight for 3 days prior to the vaccine, 50 mg/lb. the day of the vaccine, 30 mg/lb. for 3 days after the vaccine
- **Vitamin A** - 15,000 IU for 3 days prior to vaccine, 25,000 IU the day of the vaccine, and 15,000 IU for 3 days after the vaccine.
- **Probiotics** - double the recommended amount based on age or weight for 3 days before and after the vaccine. Triple the recommended dose on the day of the vaccine.

Adults 100 lbs. and up doses will be as follows:

- **Vitamin C** - 1000 mg 4x/day for 3 days before the vaccine, 1500 mg 4x/day the day of the vaccine, and 1000 mg 4x/day for 3 days after the vaccine.
- **Vitamin A** - 20,000 IU for 3 days before the vaccine, 50,000 IU the day of the vaccine, and 20,000 IU for 3 days after the vaccine.
- **Probiotics** - double the recommended dose for 3 days before and after the vaccine. Triple the recommended dose on the day of the vaccine.

Vaccine Detox (taken from the “Vaccines Revealed” film series)

Detoxification bath – Add 5 drops of Lavender essential oil to your child’s bath with a 2 cups of epsom salt. You can also do this as a foot bath.

Probiotics – A probiotic is essential to restore gut flora and balance the immune system. Check with your health care practitioner for a good brand and dosage for your child.

Omega 3 Oil – This is especially important to take if your child suffered an adverse reaction. Cod liver oil is thought to be the most superior of all fish oils. You can also use Udo’s Oil.

Cilantro – Dr. Yoshiaki Omura discovered cilantro can accelerate the excretion of mercury and aluminum from the body. The theory is that cilantro has a molecular bond that binds to heavy metals and pulls them from the body. Cilantro therapy is certainly gentle and inexpensive.

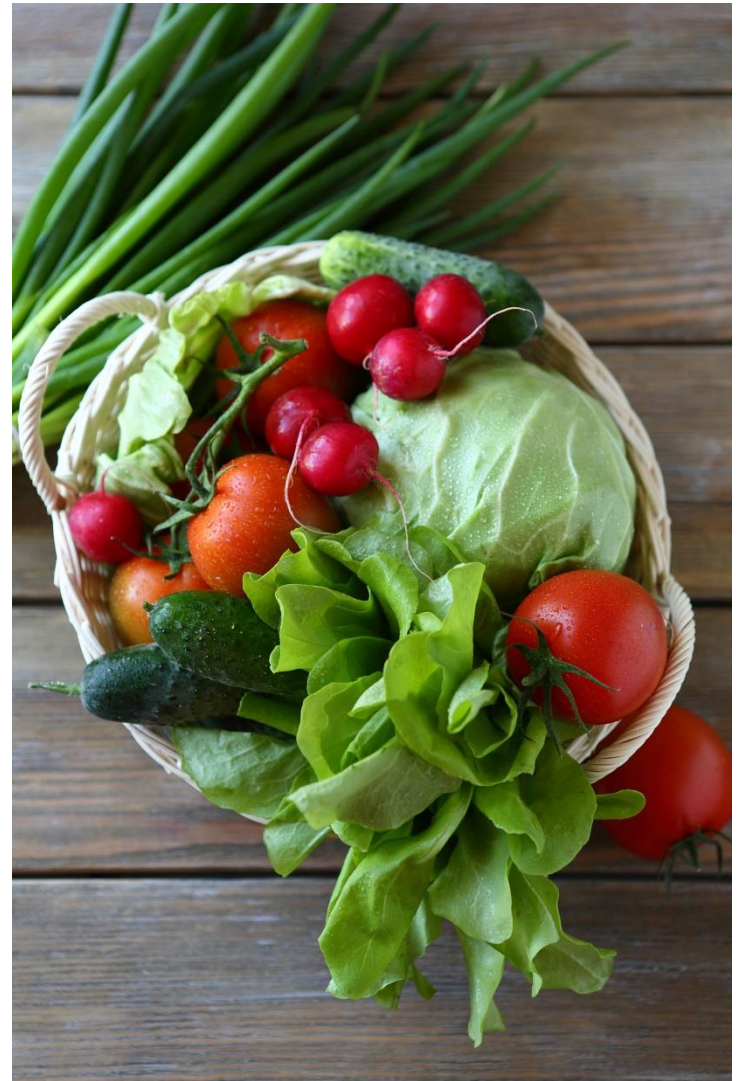
Vitamin C – Linus Pauling’s Nobel Prize winning work showed that Vitamin C helps counteract the damage of heavy metals, chemicals, and toxins contained in vaccines and strengthens the immune system. Vitamin C comes in easy to consume chewables for kids, but you can also use the powdered form and even liposomal vitamin C as an option.

Silica - is an effective non-invasive therapy for reducing the burden of aluminum in the body, it has been show to help the body slow down the accumulation of aluminum.

Raw Food, Juices, & Smoothies - Shoot for at least 2-3 raw juices or smoothies per day during a detox, in addition to their normal meals. Try to include foods like broccoli, collards and kale, daikon radish, garlic, onions, spices, and sunny-side up eggs from free-range chickens in their diet during this time.

Water - When toxins are pulled from the body, they need to be flushed out. Full kidney function is dependent upon there being enough water in the body. Avoid soda, dairy, and junk juices and encourage your child to drink plenty of water.

Make sure to check in with your healthcare advisor or practitioner during this time - and certainly before purchasing and dosing any supplements.



Appendix B

Recommended websites

www.nvic.org

www.mercola.com

www.draxe.com

<http://www.welladjusted.co>

www.revolutionchiropracticnj.com



Recommended authors

- Dr. Sheri Tenpenny
- Dr. Robert Mendelsohn
- Dr. Robert Sears
- Dr. Jennifer Barham-Floreani
- Neil Z. Miller