

Note: When treating infants and small children, we should look to the parents for the cause. This follows the “mother-child” relationship outlined in the Five Element theory. Often a mother brings a sick child to us and does not realize that she herself is imbalanced and is simply not strong enough to manifest a disease elimination process. By treating the mother’s body-mind and spirit, the child often benefits from the resulting adjustment in their close relationship.

-- M. and L. Tierra

6. Children’s Diseases

Children generally respond quickly to treatment because their healing energy is stronger than that of older people. Quite often, a simple adjustment in diet will bring about homeostasis, along with removing the causative factor of disease.

A basic principle in the treatment of children is to observe what they crave, which is an important indication of their Yin-Yang nature. Sometimes cravings result from lack of a particular nutrient (as in children who eat dirt, showing a lack of minerals). Other times, it is from an imbalanced diet, such as overindulgence in sugary foods, which causes a craving for more solid nutrients such as proteins, complex carbohydrates, minerals and vitamins.

Sugar is the worst enemy of children’s health. Many conditions that are seriously regarded clinically, including respiratory, glandular, skin, digestive and nervous conditions, are the simple result of overindulgence in sweets, including fruit juices.

To treat nursing infants, give herbs to the mother (who probably needs them herself) as her milk will distribute the herbal properties to the suckling infant in the correct herbal dosage.

General Treatments:

Many children’s and infants’ diseases can be effectively treated with herbal baths using commonly available backyard “weeds” such as **malva, plantain, horsetail, comfrey, borage, lemon balm and dandelion.**

Parents should restrain from the casual use of cortisone, steroid creams and so on, unless nothing else proves effective. We must remember not to oppose the relentless course of nature’s deeper healing work through the mechanism of disease.

Figure 35.10: Dr. Shook’s Soothing Syrup

An excellent formula for most babies’ and childrens’ common diseases.

parsley seed, crushed or powdered	2 ounces
caraway seed, crushed or powdered	2 ounces
rhubarb, cut and dried	2 ounces
cinnamon bark, powdered	1 ounce
distilled water	1 quart
brown sugar or honey	1.5 pounds
peppermint essential oil	1/2 ounce

Let the herbs stand in the water for 12 hours. Bring to a boil and simmer slowly for one hour. Strain and return to heat. Add sugar or honey and peppermint. Cover and let stand until cold. Bottle and cap tightly, and keep in a cool, dark place.