

Upper Respiratory Viruses and Influenza

Having a sick child can be so stressful. On top of worrying about their child's health, most parents are up all night monitoring fevers and battling coughs and nasal congestion. It is exhausting and will often lead to unprompted calls to your mother thanking her for all she did when you were a child that we did not appreciate! Symptoms in children can affect almost every part of the body. High fevers, body aches, stomach pains, and pinkeye. Flu can cause fevers that only lessen with Motrin and Tylenol, won't break, and come back quickly.



Things you can do...

All of these should be started immediately if you are feeling illness come on, or you are caring for an ill person.

If pregnant, nursing or younger than 2 yrs, I like Oscillococcinum. Take 1 tube daily for prevention, 3 tubes daily if starting to get sick. Put it right in the sippy cup of water and shake. Let them drink it all day.

Coldcalm and Chestal can help manage symptoms as well. All safe for pregnant and nursing moms and all ages.

Over 2, I like V clear. Clinically proven to decrease severity and duration of respiratory illnesses. Works best when started within the first 72 hrs of symptoms.

2 to 12 years ViraKid. Chewable formula to boost immune system. Zinc, Vitamin C, Vitamin A, Black Elderberry Extract and Astragalus Membranaceus Root Extract.

12 years +- Viracid. My secret weapon, use intense treatment if feeling sick, maintenance if you are around lots of people and are at risk to pick up lots of nasty viruses.

If you keep getting sick and feel like your immune system is failing you, try Peak Immune by Daiwa or My Community by Host Defense and/or various products with Olive Leaf Extract to give you a boost.

For EVERYONE

Vitamin C- It is no coincidence that citrus season is winter. Your body needs extra Vitamin C. Eat some cuties, grapefruit or kiwi daily. Red peppers also have a lot of Vit C. Put some lemon slices in your water or tea. I am addicted to Vitamin C gummies. They are miniature mandarin orange gummies and are my little treat that stays on my desk.

Zinc- Zinc is involved in so many immune system reactions. The nice thing about it is that if you need it, it tastes great! If you don't need it, it tastes awful. We like Natures Way Sambucus Elderberry, Vitamin C and Zinc Lozenges.

Garlic and Onions- They do so many great things in the body that I could fill pages-just add them to broths, soups, stews and when my kids were little, I used to make them garlic bread with fresh garlic on top. Sweet little toddler garlic breath...xoxo

Astragalus Root- add a few pieces of dried herb to simmering broth for an added Immune bump.

Double up your Vitamin D for a few days

Consider probiotics to give you some mucous membrane defense.

Elderberry is great to boost immunity and tastes yummy.

Epsom salts for body aches.

Diffuse Germ Zapper to clear the air of germs. Diffuse lavender, sage and peppermint to soothe a cough and help kids sleep.

Avoid food that require a lot of energy to digest. Stick to soup (literally the best food for illness), push fluids like they are going out of style.

My kids like Peppermint tea to soothe a sore stomach, cough and a sore throat. Add some raw local honey and some EO based chest rub and you can at least get them to rest comfortably.

And in the end, **REST**. Your kids want you to stay near them and your presence gives immense comfort. Let everything fall away and offer yourself and your energy to help them get back on their feet. You need the rest too so your defenses can stay up. Watch a movie, snuggle, sleep and we will all get through this.

Cough...a pediatrician's formidable foe... here is why.

If you do the math, the average child has 8 viral infections a year and they last about 2 weeks to return to baseline so that equals 16 weeks of coughing between November to March. Your frustration is validated! The good news is your child's immune system is learning and by early childhood, that immunity reduces days missed and overall illness. Pay now or pay later- the learning process cannot be skipped.

Minimize cough from post nasal drainage, give them a warm bath to loosen secretions and suction those noses if they cannot blow them!

You can diffuse oils (check safety for your child's age) and run a humidifier to thin secretions. I also recommend avoiding all dairy that thickens and increases mucous production. If your child coughs longer than 2 weeks or has shortness of breath or chest pain or persistent fever or lethargy, Come in and be seen immediately.