

# natural pediatrics

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## HOME REMEDY FOR COMMON AILMENTS

1. **HONEY:** chapped, cracked lips & cold sores in mouth. Research found that honey helps heal minor to moderate burns, and a recent Dutch study identified a protein called defensin-1 that gives the goo its antibacterial action.
2. **SALT:** Sinus congestion, sore throat. For a sore throat, dissolve half a teaspoon of non-iodized salt in an 8-ounce glass of water, and simply gargle the water. To flush out your sinuses, fill a clean squeeze bottle or neti pot with the solution, lean over a sink, and squeeze or pour it into your nostril. Use only sterile bottled or tap water that has been boiled and then cooled, in your nose.
3. **PEPPERMINT TEA:** Indigestion, stomachache. The oil found in the peppermint leaf and its stems calms the muscles of the digestive tract, allowing gas to pass more easily and relieving indigestion. Steer clear of peppermint tea, though, if your pain is caused by reflux—you'll know from the acidic, burning feeling in your chest.
4. **MEAT TENDERIZER;** Bee stings, nonpoisonous spider bites. Meat tenderizer contains papain, an enzyme that breaks down proteins (like the ones in your T-bone steak). But papain can also break down toxins from bug bites and cut back on itching. Use tenderizer only on mosquito bites, bee stings, and nonpoisonous spider bites. If the child experience symptoms such as nausea, difficulty breathing, or cramping in your abs or lower back, seek medical help immediately.
5. **OATMEAL:** Eczema, sunburn, hives. Oats pack phytochemicals with anti-inflammatory properties that soothe itchy and inflamed skin, a study in the Archives of Dermatological Research shows. If you're using regular oatmeal, grind it into a fine powder.
6. **OLIVE OIL:** Dry skin. When your skin feels extra parched, you can dab a thin layer of organic extra-virgin olive oil under your moisturizer for an extra dose of antioxidants and good fatty acids.
7. **MUSIC:** Music activates sensory pathways that compete with pain pathways. Research shows that music is especially effective for palliative care and cancer pain.
8. **DOGS:** 10 to 15 minutes of interaction between pain-clinic patients and therapy dogs reduced patients' chronic pain -- and the benefits seemed to last for hours.
9. **BREATHING:** slow breathing significantly reduced pain perception and negative emotions. Slow, deep breathing is the simplest form. Breathe in deeply on the syllable re, then exhale on the syllable lax. Keep repeating.

Source: <http://www.health.com>