



## HOME HEALTH REMEDIES

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### ACNE (IN TEENS)

- 1) Avoid greasy or oily cosmetics
- 2) Keep your face clean (including hair)
- 3) Get enough sleep to reduce stress
- 4) Don't pick on blemishes
- 5) Use 5% Tea tree oil gel (has same effect as Benzoyl Peroxide) but NOT if you have Acne Rosacea
- 6) Zinc supplements help wound healing
- 7) Naturally occurring glycolic acid (in sugar cane) helps unclog pores

### FALL OR SPRING ALLERGIES

- 1) Rise out your sinuses
- 2) Wash immediately after you come inside
- 3) Keep windows and doors closed in allergy season
- 4) Use HEPA filter
- 5) Use allergen/dust blocking pillow and mattress
- 6) Keep indoor humidity between 30-50%
- 7) Wash or change air filters often
- 8) Avoid pets with fur/feather
- 9) Bath pets frequently

### ASTHMA

- 1) Keep a dairy and avoid allergens that might cause symptoms (e.g. pets, particular food)
- 2) Clean the auto and home air filters in A/C or heater
- 3) Clean home and bed weekly
- 4) Avoid 2<sup>nd</sup> hand smoke

- 5) Exercise moderately (not heavy)
- 6) Maintain your child's weight
- 7) Control the heartburn. Reflux is known to cause breathing issues

### BED WETTING (IN OLDER KIDS)

- 1) Don't worry. Most kids will outgrow it
- 2) Limit your child's fluid intake in the evening
- 3) Treat constipation if any
- 4) Initially wake them up once in the middle of the night to relieve their bladder
- 5) Experiment with food that could affect bladder function

### BRONCHITIS (IN OLDER KIDS)

- 1) Avoid 2<sup>nd</sup> hand smoke and exposure to irritants like paints/cleaners
- 2) Use a humidifier
- 3) Consider facemask when outside air is cold
- 4) Try a different breathing method – take a deep breath, then slowly breathe out through mouth (in kissing pose). Repeat. This develops lungs.

### COMMON COLD

- 1) Drink lot of fluid
- 2) Try chicken soup
- 3) Use a cool mist humidifier
- 4) Gargle with warm salt water
- 5) Use nasal saline drops & nasal bulb suction
- 6) Get vitamin C or Zinc
- 7) Get rest

### CONSTIPATION

- 1) Eat more veggies and fruits (especially fibrous prunes, beans, fig etc)
- 2) Drink lots of water
- 3) Increase physical activity
- 4) Try warm bath for small kids and stimulation to anal area
- 5) Avoid non-fibrous food like cheese, milk and meats or processed food.

### COUGH

- 1) Drink plenty of fluid (AVOID sodas)
- 2) Use a humidifier
- 3) Try lozenges for bigger kids
- 4) Honey or turmeric in warm milk helps the throat
- 5) Elevate head with more pillows
- 6) Avoid cough syrups

### CROUP

- 1) Cuddle or distract child
- 2) Use cool-mist humidifier
- 3) Hold kid in upright position
- 4) Give fluids and plenty of rest

### DAIPER RASH

- 1) Change diaper frequently
- 2) Use warm water to clean (AVOID wipes)
- 3) Try zinc oxide
- 4) Keep it aerated/open without diaper for a while

## DIARRHEA

- 1) Drink clear liquids (not fruit juices)
- 2) Add semi solid or low fiber food (like cracker, egg, rice)
- 3) Avoid dairy products, caffeine
- 4) Try probiotic yogurt or soy drinks
- 5) Be very careful when it is infants

## EAR INFECTION

- 1) Start with an OTC painkiller
- 2) Moist warm compress over ears helps
- 3) Cuddle and distract baby
- 4) Most ear infection resolve without an antibiotic but if it is recurrent or kid is < 2ys you may need it

## ECZEMA / DRY SKIN

- 1) Try to find the irritant that triggers it (like cloth, soap, detergent etc)
- 2) Apply calamine lotion or 1% hydrocortisone
- 3) Avoid itching with a bandage
- 4) Use a cool moist compress
- 5) Take an colloidal oatmeal + baking soda bath.
- 6) Moisturize the skin (after bath) with strong OTC creams like Eucerin, Neutrogena or baby oil
- 7) Avoid non-moisturizing soap
- 8) Use a humidifier
- 9) Use cotton or silk clothes (no wool or acrylic)
- 10) I have seen some use ½ cup bleach in a bathtub full of water. Soaking in it apparently kills the bacteria on skin. (for older kids)

## FLU

- 1) Drink enough electrolytes
- 2) Take rest and use non-aspirin pain medicines
- 3) To prevent, get whole family vaccinated
- 4) Wash hands or use the hand-gel
- 5) Eat lots of immune building veggies and fruits

## HEADACHE

- 1) For tension head ache, try massage, shower, relaxation, low dose painkiller, some exercise
- 2) Eucalyptus or peppermint oil helps ease pain
- 3) For migraine, try going to sleep in a dark room, meditation, relaxing music or yoga
- 4) Promising research is being done on herbs like feverfew and butterbur, high dose B-2, magnesium supplements and Coenzyme Q10
- 5) Some older kids coffee caffeine may help
- 6) For frequent headache, keep track of triggers and avoid it

## HIVES

- 1) Record and identify trigger – like food, medicine, pollen, pet, insect sting or latex
- 2) Use OTC antihistamine to minimize itching
- 3) Use a cool moist compress and bandage
- 4) Take a cool bath and wear soft natural fiber clothes
- 5) Try oatmeal bath

## NOSE BLEED

- 1) Set upright and lean forward
- 2) Pinch your nose and breathe through your mouth
- 3) Avoid hard blowing of nose
- 4) To prevent, increase humidity with a Humidifier or OTC saline spray

## BODY ODOR (FOR TEENS)

- 1) Take bath daily and use natural fiber clothes
- 2) Dry your feet. Use athletic socks
- 3) Use perfume free deodorant (not antiperspirant)
- 4) Try changing diet

## PINK EYE

- 1) Use a warm moist compress over closed eyes multiple times. If allergy is the reason, use a cool compress
- 2) Wash hands to avoid spreading.
- 3) Avoid cosmetics and contacts
- 4) See doctor to see if it is bacterial or allergic pink eye

## POISON IVY

- 1) Wash immediately everywhere and all clothes
- 2) Do not scratch. Use OTC calamine lotion or hydrocortisone
- 3) Use oatmeal bath and cool water bath
- 4) Cover open blister with gauze

## STOMACH FLU

- 1) Eat less and sample ice chips or drink electrolyte. Avoid apple juice and instead try Pedialyte
- 2) Gradually get back to regular food. Avoid fatty or spicy food. Use simple starch like rice, cracker, and banana
- 3) Take rest and avoid painkillers
- 4) See doctor. May be food poisoning

## SUN BURN

- 1) Apply cool moist compress
- 2) Use moisturizers. Avoid any “-caine” OTC drugs. Instead, use Aloe Vera or 1% Hydrocortisone. Try non-aspirin anti-inflammatory medicines
- 3) Rehydrate

## SWIMMERS EARS (FOR OLDER KIDS)

- 1) Mix 1 part white vinegar and 1 part rubbing alcohol. Apply 1 tsp and drain before and after swim to prevent bacteria and fungus growth

## TEETHING FOR BABIES

- 1) Massage baby's gums
- 2) Use teething toys
- 3) Use a cool washcloth to dry drools

Source: Multiple incl. Mayo Remedies