

KEEPING YOUR CHILDREN HEALTHY THIS WINTER - YOU ARE THE FIRST LINE OF DEFENSE

By: Nasira Bhikha - Vallee
Published: The Criterion
Aug/Sept 2006



TIBB
A SCIENCE OF MEDICINE
THE ART OF CARE

The statistics are shockingly high and increasing each passing year, children who are hospitalised with severe bronchitis, pneumonia or a resistant strain of the flu virus. Whilst some experts believe that hospitalisation is often the safest route to curing these ailments in children especially after prolonged exposure, there is growing concern regarding the ever-growing number of infants and children whose immune systems seem unable to cope with these illnesses together with the over-use of antibiotics and their failure to deliver once a strain of virus becomes resistant. This has resulted in global awareness of alternate medical systems which are considered safer, with fewer side effects. With winter now showing its first breath, susceptibility to respiratory tract infections is increasingly rife. As parents and caregivers it is our responsibility to empower ourselves with knowledge of coping with these conditions and preferably keeping them at bay.

The age-old saying, "prevention is better than cure" certainly applies to the illnesses of the colder months. As your child's first line of defense there is a great deal that you can do to prevent or lessen the onslaught this winter. According to Tibb, colds are contracted in one of two ways: The first, most common cause is through extreme changes in the environment. This is as a result of weather changes or in many cases, due to today's lifestyle, going from artificially heated homes to the cold outdoors. The second and more serious cause is due to an imbalance within the body's homeostasis making it susceptible to viruses and infections.

In both instances, the path to restoring health and maintaining a balance in the body is achieved by adding much needed heat. As the name 'cold' suggests and based on the season in which colds and flu's are rife it is obvious that excessive coldness in the air often results in illness. From a Tibb perspective, the treatment for winter illnesses aims at combating viruses and strengthening the body's defense systems against future attacks. Each of us has within us an inherent wisdom which allows the body to heal itself; in children this self-healing ability is particularly strong, especially if tapped into correctly and uninvasively. All we need to do is give our children the necessary assistance to help their bodies remain strong and healthy.

All of us, but particularly young children need extra care in the winter months. Introducing an immune booster and natural antibiotic such as Septogard is helpful in strengthening the body's healing abilities. Simple tips, often regarded as old-wives tales have numerous advantages which can benefit your child. Ensuring that the feet are kept warm, rubbing the chest and soles of the feet with heating oils such as Black Seed Winter oil, chicken soup and ginger drinks, are all age-old remedies which have numerous benefits.

Below are steps which you can follow to ease your child's winter:

Diet

Try to ensure that your children drink plenty of fluids. Water is especially vital as it helps to flush out toxins from the body. Avoid the intake of cold dairy products such as ice creams and milk shakes and generally foods directly eaten from the refrigerator. Add a dash of heating spices such as ginger and garlic to your meals. Let your children snack on oranges and kiwi fruit which are high in vitamin C.

Environment, Breathing and Rest

The excessive use of artificial heating, whilst important for comfort in your home, often causes or aggravates the flu as it tends to dry the air excessively. Invest in a humidifier or vaporizer and leave it on throughout the winter months. Enhance the value of your humidifier with oils such as Eucalyptus or Tibb Inhaler Capsules. Dress your children in accordance with the weather; hats that cover the ears are helpful in maintaining heat and avoiding head colds. Keep the chest warm by placing a flannel with a few drops of a suitable heating oil or rub under your child's vest particularly at night and lastly, keep the feet warm at all times.

If your child has a stuffy nose or has difficulty breathing, place a few drops of a heating oil in boiling water and let him/her inhale deeply for five to ten minutes. Use a saline solution to wash out the nasal passages. Should a cough develop, a natural expectorant, such as Kofcare or Chest-eeze can be taken to clear out the lungs.

One of the major problems facing parents and children today is the lack of sleep and heavy schedule children are expected to follow from a young age. Establish a routine that includes adequate rest. While we are resting, the body has a chance to focus on healing itself.

Elimination

Regular use of a mild laxative is always beneficial. Castor Oil and Scotts Emulsion may seem old-fashioned but can positively impact on your child's health. Phlegm often builds up in the digestive tract, leaving children severely congested. Effective elimination is therefore particularly vital. A great product to try is Bonnycare by Tibb Health Sciences which is especially formulated for children.

Obviously there will be times when you need to seek medical help, but by adhering to sensible precautions you can ease the severity of winter illnesses should they occur. Remember never to let children go longer than a week without medical attention and alleviation of symptoms.

As parent and protector the responsibility rests with you to strengthen your family's defenses against any attack to their well-being. Anyone who has spent the night nursing a sick child knows that there is no worse feeling of helplessness than staring into the beautiful eyes of your little one and not knowing how you to make things better. We hope that the preventative measures we have given you will make this winter a happy and healthy one for you and your family. After all, good healthcare is the right of every child!