

**CONDENSED
VERSION**



MINDSET
kids

Natural Health Guide

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in collaboration with
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LIMITED
EDITION

INTRODUCTION

Welcome to the Natural Health Guide for Kids, a valuable resource designed to empower you on the journey of nurturing your children's well-being naturally. In these pages, we share the tools that have been passed down through generations to support your child's health naturally, recognizing that the choices you make shape a foundation for a healthy, happy child.

As a natural health counselor, I have witnessed the transformative impact of embracing a natural lifestyle on families. Our society has lost its way and has become too dependent on the medical system for health, even though we have had the tools to support our health all along. God has made us beautifully and perfectly—we just need to stop getting in the way.

Please keep in mind that while this guide offers valuable insights, it's important to consult with healthcare professionals for personalized advice and to understand when it is important to seek additional medical care. Every child is unique, and individual health considerations may vary.

I encourage you to delve into these pages, absorbing the information, researching further and adapting it to your family's dynamics. May this guide be a source of inspiration, support, and confidence as you embark on the fulfilling adventure of natural care for your children. ***Our mission is to grow happy, healthy kids with a wellness MINDSET!***

- Meg

What is a MINDSETkid?

At MINDSETkids, we advocate for natural parenting, where the choices you make play a pivotal role in shaping your child's foundation for a healthy, happy life.

MINDSET stands for Microbiome, Inflammation, Nutrition, Detoxification, Sleep, Exercise, and Total Hormone Balance.

Microbiome (M):

- Understanding the importance of a balanced and diverse gut microbiome for your child's overall health.
- Encouraging practices that support the development of a healthy gut flora, such as breastfeeding, diverse diets, and limiting antibiotic use.

Inflammation (I):

- Recognizing the impact of inflammation on your child's well-being.
- Promoting an anti-inflammatory lifestyle through mindful nutrition, reducing exposure to environmental toxins, and managing stress.

Nutrition (N):

- Emphasizing the role of nutrition in the growth and development of your child.
- Providing guidance on nourishing, organic whole foods that contribute to optimal physical and cognitive development.

Detoxification (D):

- Supporting your child's natural detoxification processes.
- Suggesting strategies to minimize exposure to toxins and pollutants in the environment, including choosing organic products and creating a toxin-free home.



What is a MINDSETkid?

Sleep (S):

- Understanding the importance of quality sleep for your child's growth and well-being.
- Offering tips for creating a soothing bedtime routine and establishing healthy sleep habits.

Exercise (E):

- Encouraging physical activity as an integral part of your child's routine.
- Providing age-appropriate ideas for active play and fostering a love for movement.

Total Hormone Balance (T):

- Recognizing the impact of hormonal balance on your child's overall health.
- Recognizing that endocrine disruptors (pesticides, herbicides, plastics, PCB's, Teflon and non-stick cookware, and other toxins) have massive negative health consequences on hormones.
- Promoting practices that support hormonal equilibrium through nutrition, sleep, and stress management.

Our commitment is to guide you in fostering a wellness **MINDSET** for your child, ensuring they grow up happy and healthy. Together, let's embark on this journey of natural parenting and empower our children for a bright future!

**Growing happy, healthy kids
with a wellness MINDSET!**



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MINDSET kids

**"TRAIN UP A CHILD IN THE WAY
HE SHOULD GO, AND WHEN HE IS OLD
HE WILL NOT DEPART FROM IT."**

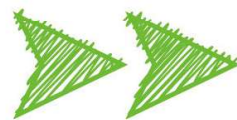
-PROVERBS 22:6



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Cuts and Scrapes

- ☑ Clean the wound with mild soap (not antibacterial) and water. Be sure to gently scrub if the dirt is ground in.
- ☑ Flush the wound with homemade saline solution (one teaspoon of sea salt in a cup of warm filtered water). This is particularly useful for preventing infection. Flushing a potentially dirty wound with up to a liter of saline can help.
- ☆ Here are some options to promote healing and reduce infection, after cleaning thoroughly:
 - Apply a natural antiseptic like diluted **apple cider vinegar** (1 tablespoon of apple cider vinegar to 2 tablespoons of filtered/distilled water)
 - Or apply **manuka honey** (raw/manuka honey has antibacterial and anti-inflammatory properties)
 - Or apply **aloe vera** (preferably from a fresh-cut leaf, which has soothing and anti-inflammatory properties)
 - Or apply organic, cold-pressed **coconut oil** (known for its moisturizing and anti-inflammatory properties)
 - Or apply a poultice made from crushed or grated organic yellow **onion** once the area is cleaned (may help cleanse the wound, promote healing, and prevent bacterial growth)
- ☑ Once the wound is cleaned and treated, cover with a clean bandage or dressing.



Cuts and Scrapes

(continued)

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Doc says:

When to seek medical care:

- Always ensure that the wound is clean before applying any of these remedies.
- Wounds where the dirt is ground in and cannot be cleaned - there is a risk of tetanus (but rare). A tetanus immune globulin injection can be given in the ER and would need to be given within 24 hours of the injury. (Note, this is not a tetanus vaccine (DTAP) which is not recommended.)
- If a cut might need sutures (stitches) have this evaluated. Cuts that are deep (over 1 – 2 mm) and over 1 cm (half an inch) long, especially on the face or over joints, typically need sutures. Small and shallow cuts can be closed by glue or tape after cleaning and done at home.
- Wounds that appear infected, with severe redness, pus, heat at the site, pain, or increased swelling should be evaluated.

These natural remedies are suitable for minor cuts and scrapes but should not replace professional medical care for more severe injuries or infections. It's also important to be aware of any allergies or sensitivities to these natural remedies before use, especially in children and individuals with sensitive skin.

Bruises and Swelling

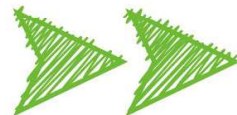
- ☑ Apply a cold compress (ice wrapped in a cloth) to the affected area to reduce swelling for 15-20 minutes several times a day. (Do not put ice directly on the skin.)

- ☆ To help reduce swelling/bruising:
 - Apply **arnica** gel/cream (reduce inflammation and bruising)
 - Or apply **witch hazel** (which is an astringent with anti-inflammatory properties)
 - Or make a **comfrey** poultice (to reduce inflammation)
 - Or take an **Epsom salt bath** (to help reduce swelling and promote relaxation)
 - Or apply **aloe vera** (which soothes and reduces inflammation as well as swelling)
 - Or make a **potato** poultice (grate a raw potato and wrap it in a clean cloth or gauze; apply the poultice to the swollen area for about 20-30 minutes)
 - Potatoes can be used as a home remedy to reduce swelling, particularly in the context of minor skin irritations, burns, or mild injuries. The potential anti-inflammatory properties of potatoes are attributed to compounds like glycoalkaloids and glycoproteins, as well as their high water content.



Fevers

- ☑ In children, fever is a common sign of inflammation, indicating that the body is responding to an infection, illness, or other underlying issues. It's important to note that fever itself is not typically harmful and can be beneficial. Fevers activate the immune system and aid in fighting off infections. Natural care measures should be used to manage fever-related discomfort rather than to aggressively lower the fever itself.
 - Please note, a mild fever is sometimes associated with teething.
- ☑ Hydration is very important, therefore, encourage your child to drink plenty of fluids, such as water, clear broths, herbal teas, and diluted natural fruit juices.
- ☑ Ensure that your child gets adequate rest to help the body recover which can also reduce stress on the body and promote healing.
- ☆ Natural care measures can help reduce fever-related discomfort in children of all ages:
 - Apply a **cool compress** to the forehead, neck, and underarms (which can help lower body temperature and provide relief from fever-related discomfort)
 - Or take an **Epsom salt bath** which provides the body with hydration and magnesium while also drawing toxins from your body (add 2 cups of Epsom salts to a warm, not cold, bath and soak for 10-15 minutes for children)



Fevers

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- Or **apple cider vinegar** is another age-old remedy used to help “draw out” the fever (soak a couple of washcloths in diluted apple cider vinegar [1 part vinegar to 2 parts water] and place them on your forehead and tummy or wrap them around the soles of your feet; alternatively, you can add a cup of apple cider vinegar to a warm bath)
- Or the **wet sock treatment** may sound strange, but many people swear by this natural remedy to help stimulate the immune system and increase blood circulation (use this ancient hydrotherapy technique on the first day of the illness and do it for a few nights in a row for maximum effectiveness- first, you will need to warm your feet in a warm bath or shower, dry them completely, then, right before going to bed, soak a thin pair of cotton socks in cold water, wring them out and slip them on, cover with a pair of dry wool socks- the wet socks should be warm and dry in the morning)
- Or some **homeopathic remedies** like Belladonna or Aconitum napellus are sometimes used to address fever (consult with a homeopathic practitioner for guidance)
- Or some supplements like **vitamin C, zinc, and elderberry** have been used to support the immune system during illness (consult a health practitioner before using supplements)



Fever

(continued)

- Or drinking **herbal teas** such as Elderflower, catnip, and lemon balm can help strengthen the immune system, hydrate, and help produce perspiration which helps in healing

Doc says:

When to seek medical care:

- Keep track of the child's temperature regularly to assess the fever's progression. A fever that persists beyond 3 days or is accompanied by severe symptoms should be evaluated by a healthcare provider.
- If your child is lethargic or listless or difficult to arouse, even after you bring the fever down below 101F (38.33C). Babies and children may often be lethargic at temperatures above 104F (40C).
- If your infant is less than 6-8 weeks old and has a fever over 100.4F (38C) rectally (After age 2 months it is no longer necessary to take a rectal temperature.)
- If the fever is 105F (40.6C) and does not come down after interventions.
- If fever is over 104F (40C) and the child is less than 2 years old.
- If you are concerned about how sick your child is even after getting the fever below 101F (38.33C). (Always go with your mama/papa gut!)

Consult with a healthcare provider, especially when dealing with fever in infants, very young children, or individuals with underlying medical conditions. Additionally, seek medical attention if the fever is extremely high, persistent, or associated with severe symptoms.

THANK YOU!

We hope you've discovered useful health tips and remedies to help you care for your children's common ailments. At MINDSET*kids*, our goal is to help empower parents and caregivers with knowledge and practical solutions for maintaining kids' well-being using natural approaches.

For more natural remedies to share and pass on to future generations, **join our MINDSET*kids* Resource Club** and receive the full downloadable version of the MINDSET*kids* Natural Health Guide with remedies for more than 19 other childhood ailments!
Join here: www.mindset-kids.com/services

**Growing happy, healthy kids
with a wellness MINDSET!**



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Discover the enduring power of natural health with our comprehensive guide, designed to guide you toward holistic well-being, inspired by time-honored traditions passed down through generations. This book combines grandma's tried-and-true remedies with a focus on achieving a more balanced and vibrant life.

WHAT YOU WILL FIND INSIDE:

- ✓ Practical Insights: Easy-to-follow advice on incorporating natural solutions to common health concerns.
- ✓ Lifestyle Practices: Discover simple yet effective lifestyle changes that can enhance your child's health.
- ✓ Doctor Tips: When to seek additional medical care.
- ✓ Extras: Fun recipes, scripture coloring pages and space to take notes!

"Discovering this natural health guide for kids has been a true blessing for our family. The practical tips and gentle guidance within its pages have empowered us to make better choices.

A much-needed guide!!" - Emma

At MINDSETkids, we advocate for natural parenting, where the choices you make play a pivotal role in shaping your child's foundation for a healthy, happy life. We encourage parents to focus on the key elements vital to children's health which is where MINDSETkids was born!

Visit www.MINDSET-kids.com for additional resources and updates.