

Kids “B” Well “A”

Stage III of herbal use for Living Well

Young children that have not been vaccinated or otherwise poisoned with such things as dental fillings and were born to a normal healthy mother and father, should need little more than a good natural diet that follows nature. Nature’s diet is a diet that suits humans; foods that are provided by nature. That along with clean rock-free water and they almost always have more than enough natural exercise and fresh air and sunshine to lead a healthy childhood.

Parasites forever being a problem and a diet lacking the essential plant minerals along with general toxicity from living in a complicated environment of unnatural chemicals make living well, a challenge for way too many children. Not to mention all the children born with problems they have inherited or as a result from vaccines, drugs, operations, dental work, etc. Most modern manufactured foods and health products today are too toxic and only add to the burden of the elimination organs. Regardless of all the reasons for ill health, many today seek supplementation as a method of prevention and treatment for childhood general illness.

Herbs in general that is good for adults should be good for children; when understood and used properly in children doses. There are some herbs considered for adult use only, but in general, all the traditional herbs used over the past century work well for children. Ideally mother should be in great health prior to and during pregnancy in order to provide the greatest chance for great health of the child.

As a baby, herbs supply essential minerals to help develop strong bones, tissues and immune system. These subjects are covered with other herbal formulas. I would consider this Stage III in herbal use. Mother’s health during pregnancy would be Stage I and baby till age 2 would be what I would consider Stage II.

The **Kids “B” Well** formula is a combination of herbal formulas we have used for our family and our customers. I will give a very short explanation of each herbal formula I used in the making of:

Kids “B” Well “A”

Ingredients: Tree / Earth / Ocean Minerals, essential oils, Raw Apple Cider Vinegar, Yarrow, Peppermint, Elderberry flower, Olive Leaf, Echinacea, Baby Calm, Air Restore, Mind Trac, Red Raspberry, LBB, Herbal Iron, Immu Calm, De-Wormer, Kidney/Pancreas formula extracts with Sorghum Molasses, Maple Syrup, & Organic Glycerin.
Tree / Earth / Ocean Minerals: This represents usable “minerals”.

We eat foods in an effort to obtain enough “usable” minerals in our diet so the assimilation organs can supply our blood stream enough building blocks so our liver / blood stream can make the necessary requirements for daily life. Many of the minerals in water supplies, foods and vitamin products are not “usable”. If health is lacking, then the body is lacking the essential minerals for daily functions.

Essential oils: We use a large variety of essential oils in every liquid formula for parasite and circulation aid. Essential oils are extremely concentrated natural oils found in most every plant. They are used in a wide variety of ways mostly to enhance blood circulation and parasite control. In general we have seen the essential oils make children more bug resistant. In which lice is not a problem and ants and bees don't bother them when playing outside as much as children that don't consume herbs as supplements to their diet.

Raw Apple Cider Vinegar: Few people realize that the apple tree is a wonderful herb source. All parts of the tree can be used, including the roots. Parasite formulas and herbs in general, retain their anti-parasite qualities when the formula is more acidic than alkaline. This was discovered in German Parasite studies of the 1950s. The choice natural preservative was raw apple cider vinegar. We obtain our vinegar from Hillside Orchard, Kenton, Ohio. We use a small amount in almost all our liquid herbal formulas.

Yarrow, Peppermint, Elderberry flower, Olive Leaf, Echinacea: These are all traditionally used herbs for the common cold. Which is known to help stimulate circulation and elimination of bacteria, viruses and parasites; that are associated with common sickness. We find that a small amount taken along with essential plant minerals as a daily supplement helps children become more sickness proof and if sickness does develop; the prevention dose makes it so the body is

able to get over the sickness much faster than if herbs have not been used in prevention doses.

Baby Calm: We used up to, 10 gallons of **Baby Calm** for the first 2 years for each of our children. It supplies plant minerals in a formula designed to calm the teething process and stomach distress from milk that is lacking the essential nutrients for development. These formulas all have a small amount of natural tree extracted iodine that is essential for developing minds and reproductive systems in growing children and as well adults. A baby that has taken herbal supplements from birth till 2 years of age knows herbal taste as being a natural food. They have no problems continuing with herbal supplements such as **Kids “B” Well**. They tend to be much less picky eaters.

Air Restore: This combination of herbs are for the lungs. A very small dose as daily prevention enables the body to identify these herbs as natural foods and seen as friendly to the body. When a child or adult has problems with swelling in the throat, mucus in the lungs, such as croup, we always used air restore. When in trouble, which is usually late in the night when no help is available, we always relied on air restore.

Mind Trac: This is an herbal formula that was created for nervous children, such as ones that can't concentrate or hold still in school. The herbalist that created this formula told me that the formula helps clear the waste out of the brain, so it has better circulation and not build up with irritating acid accumulations.

Red Raspberry: This is the universal herb high in natural iron. Used for all ages and even for animals such as horses; when they need help with reproduction. Those that like drinking teas find this the best all purpose herbal tea there is.

LBB: The world's most famous herbal formula created in Germany over 100 years ago, which stands for **Lower Bowel Balance**. Normally always consumed in capsules, only a small amount can be used in a liquid because of the taste is bitter. Most every human at all ages has some degree of constipation somewhere within the body. This formula helps strengthen the elimination organs.

Herbal Iron: One thing extreme prisoners have in common is the lack of Iron. Many pregnant and women in general have iron problems. In fact, common human diet lacks plant iron or the ability to utilize the iron within their diet. We have noticed those that get poison ivy or skin problems in general, seem to get better when they consume plant iron. The herbal formula is actually a formula that enables iron assimilation and not just a plant iron. All of these formulas have tree extracted iodine and we have seen those that take natural tree iodine all get stronger finger nails within a short period of time and I suggest natural iodine enables the body to develop stronger bones. Strong bones are made when enough plant minerals are in the diet. This formula seeks to give the human liver a large assortment of natural plant minerals to use for daily functions of a growing body.

Immu Calm: The creator of the **Immu Calm** formula made it to help those that are plagued with hay fever type allergies. He suggested the formula be consumed one month prior to known times of the year when allergies were a problem as a method to boost the Immune System and avoid the allergies. Growing children are subjected to every disease known as they have contact with other children, animals, etc. and need a good immune system to fight off all invading parasites and eliminate all toxins from their blood stream.

De-Wormer: Often called **Worms “B” Gone**, this is a plant mineral rich formula designed to help with general parasites. All good herbal liquid formulas will be anti-parasite.

Kidney/Pancreas: Every good de-wormer formula should help with the removal of the rock type minerals found in common well water. These rock type minerals clog the Kidneys, Pancreas and stick to the arterial walls. If the Kidneys are restricted in flow, the body will become too acid and sickness result. Extreme over mineralization of the Kidneys ends up in kidney stone formation and such illnesses as gout.

Sorghum Molasses, Maple Syrup, & Organic Glycerin: Our Sorghum comes from an Amish source Missouri; our Maple Syrup is local and unrefined by our request. The Glycerin is tree source and the most common herbal formula preservative that is a universal herb used to enhance health, same as Molasses and Maple Syrup are

great sources of natural plant and tree minerals, and natural sugars that humans thrive on and give Children's herbal formulas a better taste.

Though the above formula seems complicated, it is just a wide variety of herbs we use to WEED & FEED. The same principles work for much of life. Remove the waste and supply the proper nutrition and allow God's Design to work as naturally as possible. It is our blood stream that heals the human body. All these herbs can do is supply the liver / blood stream plant minerals & chemicals that are used to then; make minerals / chemicals the human blood stream can use. It is our blood stream that supplies our body with life providing oxygen and the minerals needed to build strong bones and tissues.

Kids "B" Well Spray "B"

We created the **Herbal Sprays** several years ago; they are very unique herbal formulas that seem to have endless applications. The side effects are all good. After all, they are just simple herbal foods / minerals applied to the skin and breathed in very small homeopathic amounts. Some people spray them in their mouth as a daily supplement. These sprays can be applied to every herb and herbal formula there is. No one knows all of the effects from applying herbs externally to the body. In fact, with the creation of a base formula that allows us to use any herb or formula externally, we now know that very little is actually known about herbs and human health, because virtually all previous history has been on using herbs in large quantities by mouth. Externally these same herbs enter the body through the skin or in the air we breathe and can have similar or completely different results than by taking the same herbs as teas, capsules or extracts.

We have been amazed so many times and plan on making well over 100 herbal sprays eventually in our continued experimentation. We know that with daily use, the benefits are accumulative, in that each month gets better, and each year gets better. We never know what anyone will experience, if anything; it will all depend on their continued use and their state of general health.

The above spray uses the same herbs in different methods and proportions to make a spray that I suggest be used as a chest spray

for children that are sick. It also could be used daily as a preventive. A few sprays under the night shirt will deliver a few drops of mist to the skin that will be absorbed and more importantly, smelled or inhaled. Since the amount is very small, it can be done as needed. In theory, this will help with breathing and as well supply the same herbs in a very small amount. The spray can be used anywhere on the body, but **avoid the face and eyes as well as all tender skin**. Little ones all have tender skin, so experiment slowly; never over spray or force a child to consume more than they want.

Kids “**B**” Well **Room Spray** “**C**”

This is a much stronger spray based on the same herbs, with stronger essential oils. We as a family have used what we call **Room Sprays** for over 2 years. In our experience spraying the bedroom after the children have went to sleep, provides not only a more restful sleep, but less sickness. We allow the children to go to sleep first, because if you spray their room while they are awake, they will cough and cause a fuss. If we wait till they are asleep, they seldom make a noise. Since our children have been raise on a lot of herbs from birth up, we spray each room 12 times with a much stronger spray than this one. This spray is milder and more designed for young children. I suggest starting with 1 spray after the children are asleep. Naturally this spray can be used in the daytime for children that are sick in bed, etc. More sprays can be used as experience shows you the herbs are harmless. Naturally you should **avoid spraying near the face and eyes**. We just open the bedroom door a few inches and spray over the top of the door; the herb smells fill the entire room.

Kids “B” Well herbal formulas are best suited as “Prevention”. Children should never need harsh herbs or drugs of any kind while growing up. All sickness should be treatable with diet, habit and herbs. Clean blood supports a healthy body.

In my opinion the **Kids “B” Well** herbal formulas would be suitable for up to age 12. Starting about age 6, they can consume the **LBB** in capsule form if need be for constipation problems.

When sickness strikes, we always used 2 herbal formulas. One we call **Maximum Restore**, it is for all ages. It is a garlic / Honey / Herbal formula used for all sickness; especially good to expel mucus type

sickness. As prevention 1 dose per day and for treatment 1 dose per hour.

For late night serious breathing problems such as croup, we used 1 dropper of **Air Restore** for all ages as needed. This often relaxes the throat and lungs and make it so the child can get some rest and make it to daylight, when more can be done or seek medical assistance if need be.

Kids “B” Well daily for prevention, **Maximum Restore** and **Air Restore** are the 3 herbal formulas we used to raise our young children. Instead of **Kids “B” Well** we used **Baby Calm** till age 2. Prevention is worth much more than treatment after sickness sets in. Each child will have varied results based on their liver’s ability to utilize the herbal minerals.

These statements have not been tested for effectiveness or safety by the fda. All products are homemade. When in doubt, seek professional help for children.