

# Natural relief for kids' common cold symptoms

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**K**ids in daycare, kids at school, kids just playing in the park... no matter where they are, the common cold can always find them! Not only that, but once they have a cold, they often tend to share it with the whole family. However, there is some good news. You can help relieve their symptoms, comfort them and help build their immunity by using natural remedies that seem to be created for the common cold.

Trips to the doctor to treat a cold are not always very helpful. Cold symptoms usually include sore throat, sneezing, nasal discharge (usually clear) and sometimes a mild fever.<sup>1</sup> Conditions like this are good candidates for complementary medicine, as this form of medicine offers more alternatives in helping to support immunity.

Elderberry and elderflower are herbs that have been used traditionally for centuries to help relieve symptoms of the common cold. Apart from helping to support a healthy immune system, they have also been used to help ease nasal and sinus congestion.<sup>1-3</sup> When colds manifest in children, they often bring raised temperatures as the body tries to fight the infection. Elderflower is also used as a diaphoretic; to promote sweating.<sup>1-3</sup>

How can we think about supporting the immune system and treating the common cold without zinc? This mineral has so many important functions for our children; bone health, energy,

brain development and, perhaps most importantly, immunity.<sup>4</sup> Zinc is an important immune nutrient as it is involved in the production of white blood cells. Therefore, a deficiency in zinc might allow for increased infection opportunities.

You just can't have a natural medicine plan for immunity without vitamin C and quercetin. Citrus foods naturally grow in the winter months; right about the time we see an increase in colds. Nature's healing is available to our children right when they need it! Although, when colds strike, we often need more concentrated support in the form of supplementation. Vitamin C can help reduce the severity and duration of a cold and is also a powerful antioxidant.<sup>4</sup>

In the list of nutrients for immunity, the final main-stay has to be vitamin A. Not only is it essential for growth and development, but it is a key nutrient for maintaining a healthy immune system, especially in children. One of its primary functions is in the immune system's first line of defense; the skin and mucosal lining in the nose and mouth. Maintaining healthy epithelial skin cells provides good protection against invading pathogens.<sup>4</sup>

So ask your healthcare practitioner how you can protect your littlest family members against cold symptoms this winter. You can help build their immunity by using the healing power of these key herbs and nutrients.

References available on request.



Cold war: Ease your child's symptoms with complementary medicines such as elderberry, elderflower and zinc amongst others.

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