



Complete Care Pediatrics

Natural Remedies for Cough, Cold & Congestion

For ear pain/pressure:

Garlic oil drops are antibacterial, antifungal and pain relieving. Administer 2-3 drops in the affected ear(s), pump the tragus (the tissue that sits right in front of the ear canal, where you would plug your ears if you didn't want to hear something). Then, with the small amount of oil you have on your finger from this, massage behind the ear, down toward the bend in the jaw. This will help encourage eustachian tube drainage and help clear the pressure causing ear discomfort. You can use this 3-4 times a day when they are fighting congestion. Use it once daily, before bed until congestion clears. There is no age range/limit on this, but it should NOT be used in children that have ear tubes.

If your child is still really uncomfortable, it is fine to provide a dose of tylenol or motrin(if over 6 mo of age) to help relieve pain.

For symptomatic relief of dry cough:

For children over 6 months of age: Kick-It Cough for Kids from Wish Garden Herbs is a great product. Use as directed on the bottle/box.

For children over 1 years old: offer 1 tsp of honey before bed and naps. Can use this throughout the day as well as needed.

For Children over 2 years old: Valerian root - as directed on tincture bottle, this is most beneficial at bedtime. Throat coat tea for cough relief is good for kids older than 1 year.

We recommend purchasing supplements and vitamins from a vitamin store or grocery store to ensure viability and temperature control.

Encourage use of probiotic daily to help support the immune system.

Imu-Max immune booster from orthomolecular is carried here, 1 tsp 3 times a day when sick. 1 tsp daily through cold and flu (or school year) season.

Natural chest rub or Vicks Vaporub on the soles of the feet will help with congestion. I do not recommend putting this on the chest in children under 2 years of age. It can be used on the upper back where it is less likely to cause upper airway irritation.

Nasal saline and bulb syringe or nose Frida for our younger kids and good nose blowing for older kiddos is key to managing congestion.