

natural remedies for common ailments

With many people turning to natural remedies to help common ailments, we look at products that are particularly suitable for babies and children. By Rachel Newcombe.

Coughs, colds and sore throats

As the weather gets cooler and the trees start to lose their leaves for another season, germs rear their ugly heads once more. Schools are the perfect breeding ground for bugs and they're easily passed from pupil to pupil. The autumn term can be notorious for colds, coughs, sore throats and sneezes, so be sure to be on the lookout for the first signs of infection.

Blocked noses and congestion can make it difficult for children to sleep, increasing their tiredness and often leading to irritability. VIORA Breathe Clearly, from Warmways, offers a safe, practical and effective alternative to traditional vapour treatments for children aged over six months old. It works by self-warming - when the contents of the inner sachets are



exposed to the air, a warming reaction occurs. It's then inserted into the soft mitt provided and safely radiates the soothing aroma of eucalyptus, peppermint, thyme, lavender and rosewood. It's priced at £4.99 and is available from stockists such as Mothercare, Sainsbury's, Boots, Superdrug and Waitrose (for a full list, see www.warmways.com).

Immune boosters

Boosting the immune system can prove to be a good way of reducing the risk of infection, and there are some great products to help with this.

Sambucol for Kids is based on black elderberry, which has been used for centuries to reduce the effects of colds and flu. Like all berries, black elderberry is rich in bioflavonoids and these are useful for strengthening an immune system and generally acting



as a preventative - something that's particularly beneficial during the cold winter months. Sambucol for Kids comes in 120ml liquid form and is flavoured with raspberry and other fruit extracts. It's available nationally through independent health food stores and costs £8.25 (for stockists, call 01782 567100).

MedicHerb Revitonil is a traditional herbal remedy, which contains Echinacea, a well-known immune boosting herb. It also contains eucalyptus and fennel to clear sinuses, liquorice root and aniseed



to relieve chesty coughs, and peppermint and cloves to soothe away the irritation and early signs of winter colds. It's suitable for children aged six and over, and is available in the form of chewable tablets and can be found in Boots, Tesco and Lloyds Pharmacies (for more information see www.medicherb.co.uk or call 01628 488487).

Blocked ears

Cleaning blocked ears with cotton buds is something we're now advised to avoid, as it can cause long-term damage to the ear canal. The dangers are real, in 1999 there were 7,000 cotton bud injuries resulting in the need for hospital treatment. Coping with blocked ears is uncomfortable, especially for children, but the quick and easy-to-use AUDICLEAN solves the problem and can be used on an ongoing basis for general ear health.



It works by cleaning the ears safely and effectively, dispersing wax plugs and preventing the build up of earwax. The nozzle is specially adapted to the shape of the ear and gently diffuses water without spraying directly onto the ear canal, so there's no risk of dizziness or vertigo when using the product. It's

suitable for use from six months of age upwards, costs £5.99 and is available at Boots stores or independent pharmacies.

Skin problems

Eczema, rashes and dry skin can cause considerable discomfort for babies and children, but creams with natural products can provide relief just as well as conventional products. The



Dermatique Recuperating Cream contains 100% natural ingredients, including lanolin, vegetable-based oils, urea and vitamins A, E and F, and works well on complaints such as eczema, prickly heat, cracking and dry skin.

It was developed by James McPeake, who created the cream especially for his daughter who had severe eczema over 95% of her body and it worked wonders. Available by mail order, it costs £24.99 for 100ml (Tel 0870 751 2210).

Sleeping aid

For babies having problems sleeping, the Little Me Baby Organics Sleepy Head range, made from dill and organic lavender, may help to lull them into peaceful slumber. It's part of a range of products designed by a team of mothers, all the products contain natural and organic ingredients and are free from harsh detergents, chemicals or synthetic fragrances. The aromatic blends were created by renowned aromatherapist Glenda Taylor. Available from Boots and John Lewis, the Dreamtime body cream and Dreamy body wash cost £3.99 each for 150ml.

