**Creative compliance- Delivery strategies for Treating Children**

There is a general assumption that medicine tastes bad. This may have come from the last 150 years of pharmaceutical industry medicines that do indeed taste bad no matter how they coat it with fake cherry or grape flavoring. It may also come from traditional history of making some rather bitter concoctions and insisting they have to be that way to work. Either way, kids aren’t having it, so we need to work harder on our formulations to pass muster with the little ones.

First we have to make some ground rules. If you just love Gentian for how it works as a bitter and you use it in everything and now you have a child that needs a bitter – you may have to adjust. Does it have to be Gentian? Consider the intensity of the herb and the likelihood that a child’s digestion may be a little more active than most adults in terms of HCL and enzyme output (which is usually the case). So, then, wouldn’t maybe some Chamomile and Mint have a similar effect? Use herbs that are already suited well to kids tastes when possible. They don’t all have to be sweet but sometimes the Yarrow glycerite or Goldenseal glycerite just doesn’t make it any better from a kid’s point of view.

Also consider the child’s exposure to herbs – have they NEVER tasted tea or tinctures before? A child who has never experienced that before is going to be harder to convince than an adult who has never experienced that before. Children are rather distrustful of what adults suggest they ingest, especially when we say it is good for them! I generally suggest at this point that you and the parents be willing to taste it yourselves and model how good you think it is (and be honest). Also be willing to play – will the elderberry syrup make your tongue purple? - Because kids love that! And engage them in making the preparation with you – it is a magic potion after all!

**Approaches that work:**

Start early

Infancy – work herbs and various tastes into foods – pureed greens, smoothies, spices (within reason).

Modeling – It does more than any other method in the long run to instill good habits and behavior.

Peer pressure – Siblings and friends can make pretty convincing arguments for doing something - use that power for good.

Have some tricks up your sleeve -

* Dried fruit teas (Raspberry, Hibiscus, Blueberry) to mix with the other herbs
* Flavorings (emulsions, honey, maple syrup, teas)

**Basic emulsion recipe:**

1 gram of powdered gum tragacanth or gum acacia

15 ml of water

15 ml glycerin

30 ml of essential oil (some work better than others)

mint, sweet orange, cinnamon, fennel are some of my favorites

Mix the gum and essential oil together in a mortar and pestle. Mix water and glycerin and add slowly to the gum mixture while stirring with the pestle in one direction. There will be a characteristic “clicking” sound (like lip-smacking) when the mixture has emulsified.

* Creative mixing – tinctures and glycerites, syrups
* Age related – gooey things and 11 year olds, sodas

Delivery

Foods – applesauce, oatmeal or quinoa, smoothies, milks

Honey balls/lozenges

Play - color of tongue, shapes of things, “sandwiches” , involved in cooking/prep, “potions”, lozenges, energy balls

Compromises and Negotiations

Reward (last ditch efforts) – dark chocolate chip, honey, piece of fruit, toys, games, special time.

Follow up medicines

**Recipes – Tried and True**

**Raspberry leaf tea**

Raspberry leaf or Blackberry leaf (*Rubus spp*.) – 1 tsp

Dried Raspberries or cherries or other fruits (2 tsp).

Steep for 10-15 min with hot water, strain and let them sip. Add honey if needed for taste. Useful for slowing fluid loss with diarrhea.

**Chicken Pox Formula**

For a 4oz bottle:

Valerian glycerite – 15mls

Trifolium tincture – 15mls

Echinacea glycerite – 20mls

Glycyrrhiza tincture – 15mls

Tilia tincture – 20mls

Nepeta glycerite – 15mls

Arctium glycerite – 15mls

Sig: ½ - 1 tsp every few hours while symptoms are present.

Note from Mary Bove: Valerian helps soothing itching, burdock helps to calm skin inflammation.

Give a tsp every 2-3 hours (helps keep the intensive itching at bay and gives immune support to help clear the virus)

Prescribe with Achilles Ointment or Calendula tincture topically dabbed on each pox without re-dipping.

**Antiviral formula**

*Melissa officinalis* (Lemon Balm )glycerite 15 ml

*Sambucus nigra* (Elderberry) glycerite or syrup 15 ml

*Glycyrrhiza glabra* (Licorice) glycerite 10 ml

*Nepeta cataria* (Catnip) tincture 10 ml

*Tilia europea* (Linden flower) tincture 5 ml

*Mentha piperita* (Peppermint) tincture 5 ml

Note: Spearmint glycerite is so much better than Peppermint tincture but I have to make it myself.

**Digestif tea**

Foeniculum vulgare (Fennel) seed

Eletarria cardamomum (Cardamom) seed

Glycyrrhiza glabra (Licorice) root

Equal parts – 2 tsp. per cup of water.

**Go to Sleep Elixir**

Matricaria chamomilla glycerite 10 ml

Passiflora incarnata glycerite 10 ml

Tilia europea tincture 15 ml

Lavendula officinalis tincture 5 ml

Eschscholzia californica tincture 10 ml

Rosa spp. (Rose petal) glycerite 10 ml

Sweet Orange emulsion 5 drops

**Rootbeer Syrup**

2 parts Anise

2 parts Sassafras

1 part Smilax

Decoct the herbs in water – just enough to keep them covered – for about 20-30 minutes. Let water cook down to just above the herbs. Remove from heat, strain and add about 1 part honey (to taste but enough to make a thin syrup from, you will need more honey if you wish to preserve this syrup for a while). Pour a couple of Tablespoons of the syrup into a glass and add carbonated water to make an herbal soda.

**Lemon-Lime Spirit Lifting Soda**

*Melissa officinalis (*Lemon Balm) – ½ cup fresh, chopped

*Mentha spicata* (Spearmint)    2 Tbsp fresh, chopped

*Tilia europea* (Linden flowers) 2 Tbsp

*Cymbopogon spp*. (Lemongrass) 1 Tbsp

*Citrus x limon* (chopped lemon peel - fresh) 3 tsp.

*Citrus aurantifolia* (Lime peel -chopped 2 tsp. or 1 T lime juice (or both))

1/3 cup simple syrup

Cover with about 1 ½ cups of water. Bring water to a boil first then add herbs. Steep for 15 min. Strain and add syrup.

**Fever tea**

Matricaria chamomilla (Chamomile) 1 Tbsp.

Mentha spicata (Spearmint) – 1 Tbsp

In 1 ½ cups of hot water, steep herbs for 10-15 minutes. Strain and sip cooled.

**Cramp formula**

*Viburnum opulus (*Cramp bark) tincture 30 ml

*Dioscorea villosa* tincture (Wild Yam) 13 ml

*Piscidia piscipula* tincture (1:3) (Jamaican dogwood) 6ml

*Mentha piperita* tincture (Peppermint) 3ml

*Nepeta cataria* glycerite (Catnip) 8ml

**Cough formula**

*Prunus serotina* (Cherry Bark) glycerite 15ml

*Inula helenium* (Elecampane) glycerite 10ml

*Hyssopus officinalis* (Hyssop) tincture 15 ml

*Ligusticum porterii* (Osha) glycerite 8 ml

*Glycyrrhiza glabra* (Licorice root) glycerite 8 ml

*Thymus vulgaris* (Thyme) tincture 4 ml

**Immune Support Formula**

*Astragalus membranaceous* glycerite: 40 ml

*Sambucus nigra* glycerite: 20 ml

*Oplopanax horridum*: 15 ml

*Galium aparine* glycerite: 15 ml

*Cinnamonum aromaticum*: 10 ml

*Schisandra chinensis*: 20 ml

**Immune Support tea formula**

Equal parts of:

*Glycyrhiza glabra (Licorice root)*

*Cymbopogen spp*. (Lemongrass)

*Matricaria chamomilla* (Chamomile)

*Hibiscus rosa-sinensis* flowers (Hibiscus)

*Galium aparine* (Cleavers)

*Rosemarinus officinalis* (Rosemary)

**Candied Fennel**

¼ cup of Fennel seeds

2 Tbsp honey

1 tsp of coconut oil

Heat oil in a skillet. Add seeds and honey (or maple syrup). Toast until seeds are coating and sugar is slightly browned. Pour out onto wax paper or plate and cool. Eat a few seeds after a meal.

**Herb Burritos**

1 leaf of Dandelion

1 leaf of Lemon Balm

1 sprig of Fennel leaf

wrap and eat - per my daughter Emma