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


**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
Eletaria 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) 6 ml
*Mentha piperita* tincture (Peppermint) 3 ml
*Nepeta cataria* glycerite (Catnip) 8 ml

**Cough formula**
*Prunus serotina* (Cherry Bark) glycerite 15 ml
*Inula helenium* (Elecampane) glycerite 10 ml
*Hyssopus officinalis* (Hyssop) tincture 15 ml
*Ligusticum porteri* (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:
*Glycyrrhiza 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