



In Health Naturopathic Medicine – Crystal Hannan, ND

4150 Pacific Avenue, Suite 300 - Forest Grove, OR 97116
dr.crystal@inhealthclinic.com - www.InHealthClinic.com
Ph 503.357.3074 - Fax 503.974.2226

Essential Nutrients for Healthy Kids

Every Day Nutrients

Fish Oil supports healthy brain development (learning and mood support) and proper hormone levels. It also promotes the reduction of inflammation (helpful for children with allergies and eczema).

Vitamin D helps promote a healthy nervous system (including mood support), immune system, and strong bones. Vitamin D production in the body is dependent on exposure to adequate levels of sunlight (which we just don't get in this part of the world).

Probiotics help establish the proper healthy gut flora needed for a strong immune system and proper digestion and absorption of nutrients. 75% of our immune system is in our gut and the proper balance of beneficial gut flora helps ensure a robust immune system. Research indicates that children who are given probiotics are less likely to suffer from allergies, asthma, and eczema throughout their lifetime.

Nutrients to Boost Immune Function

Vitamin A is the precursor for our primary mucous membrane immune defense molecule: secretory IgA. Short term high-dose use of Vitamin A should be started at the first sign of illness: 10,000-50,000iu once per day for 3-5 days, depending on the size and age of the child.

Vitamin C stimulates our immune response overall. 250-500mg every 3-4 hours.

Zinc is a mineral that is particularly effective against cold and flu viruses. 30-50mg once a day for 1-2 weeks.

Oscillocoquinum is a homeopathic flu remedy. Homeopathics are wonderful for children as they generally respond very quickly and there are little to no side effects. 3-6 pellets under the tongue every 3-6 hours.

Elderberry and Echinacea are wonderful immune boosting herbs that children generally don't mind the taste of. Sambucus syrup is a favorite: 1-2 tsp 3-4 times per day, depending on the age and size of the child.