

Outline for Birth keepers: Home remedies for Children & Babies with Olivia Fite

- ❖ Introductions & Schedule & Mentimeter
- ❖ Herbs for the first year
 - Chamomile, *Matricaria recutita*
 - Calendula, *Calendula officinalis*
 - Catnip, *Nepeta cataria*
 - Fennel, *Foeniculum vulgare*
 - Goldenseal, *Hydrastis canadensis*
 - ◆ Colic, teething, diaper rash, ear infections
- ❖ Sleep & Nervous System Supporting
 - Tilia/ Linden, *Tilia* sp.
 - St. John's Wort, *Hypericum perforatum*
 - Lemon Balm, *Melissa officinalis*
 - Hawthorn, *Crataegus* sp.
 - Lavender, *Lavandula* sp.
 - Catnip
 - Chamomile
 - Bedwetting, Insomnia, ADD, Mood Swings, Grief, Fear
- ❖ Immune & Respiratory System Support
 - Echinacea, *Echinacea* sp.
 - Mullein, *Verbascum thapsus*
 - Thyme, *Thymus* sp.
 - Licorice, *Glycyrrhiza glabra*
 - Peppermint, *Mentha x piperita*.
 - Elder, *Sambucus nigra*
 - Goldenseal
 - Cough, fever, colds & flus, congestion
- ❖ Skin Issues
 - Aloe, *Aloe vera*
 - Plantain, *Plantago lanceolata* or *major*
 - Rose, *Rosa* sp.
 - Echinacea, *Echinacea* sp.
 - St. John's Wort, *Hypericum perforatum*

 - Black walnut, *Juglans nigra*
 - Calendula

- Chamomile
- Marshmallow
- Lavender
- Goldenseal

- Graph with many skin issues, atopic conditions, burns, conjunctivitis

❖ Digestion

- Black walnut, *Juglans nigra*
- Marshmallow, *Althea officinalis*
- Feverfew, *Tanacetum parthenium*
- Ginger
- Peppermint
- Chamomile
- Blackberry leaf, *Rubus* sp.
- Thyme
- Rose
- Lavender
- Lemon balm
- Goldenseal
 - Constipation, diarrhea, intestinal parasites, cramping & gas