

Children's Conditions – Asthma, Colic, Tonsillitis, Epilepsy, Eczema, Leukaemia/Cancer

Children and Asthma

The incidence of Asthma is increasing at a very alarming rate and Brisbane has one of the highest incidents of Asthma per capita in Australia. This is mainly due to our geographical location and high humidity levels. Poor diet and subsequent poor digestion has also been linked to incidents of Asthma as well as a lack of exercise. Much of the food that children eat now is full of sugar and additives. A child's little digestive system simply cannot handle the high levels of sugar and additives that are in our Western diet today.

Chinese Medicine for Asthma

If children seek proper treatment at an early age, this disease can often be managed well and even cured. Children respond faster to treatment than adults, so it is good to seek treatment for your child at an early age.

Treatments involve acupuncture and Chinese herbs to improve both digestive function and lung function. When symptoms are acute, particularly in winter, the use of ventolin and preventers is strongly recommended in conjunction with these treatment modalities. When symptoms are mild, acupuncture and Chinese herbs will assist in building the immune system to reduce the likelihood of further attacks and the results are extremely good.

Recent studies in Germany, China and Sydney showed that treatment of Asthma using Chinese Medicine is very effective. After receiving treatment, 56% of patients no longer needed to use Steroid preventers or ventolin. 40% reduced their medication and all test patients' symptoms improved after treatment. Only 4% of test patients' experienced no improvement. The study involved more than 4000 patients.

Asthma - What you can do at Home

Limit sweet foods, with the exception of fruit and give children water at room temperature only. Swimming is excellent for Asthma and it is important to train children to breathe through their nose. . Most Asthmatics are mouth breathers. Breathing through the nose helps filter the air and warm the air. Nose breathers are generally less prone to lung disorders. Steam inhalation can open the airways and clear the nostrils. Warm stewed pears are excellent for the lungs. In general, do not give children cold food or drink straight from the fridge.

Children and Colic

Colic is common among newborn babies and is often a result of Mother's diet. Common signs include baby crying a lot (particularly when lying horizontal) and projectile vomiting. Many people are prescribed ant-acids which do provide relief to baby, however ant-acids contain high amounts of aluminium. Chinese herbs are far less harmful and can be just as effective.

Colic - What you can do at Home

During breast feeding, Mother's should be careful with their diets. Foods such as chocolate, cabbage, peppers, chillies, garlic, capsicum, caffeine, oranges and citrus fruits, lychees, can all cause problems for baby. It is also good to lay babies on an angle so that acid can not flow backwards. A tri-pillow can assist to prop babies up. Mild massage in a clockwise direction around the stomach area is good for increasing digestive function.

Children and Tonsillitis

Antibiotics should only be used in the case of serious infection and high fever. If no fever is present, then Chinese Medicine is an excellent option for treatment. Chinese herbs will also help prevent reoccurrence of the illness.

If a fever is present, medical treatment is essential. Chinese herbs can be used in conjunction with Western drugs to speed up the recovery process and treat any side effects resulting from the drugs taken.

Children and Epilepsy

Treating Childhood epilepsy with Traditional Chinese Medicine can be highly effective. Again, it can be used in conjunction with Western epileptic drugs and may reduce the duration that a child will need to be medicated. Note that many epileptic drugs can inhibit a child's learning process and make them very lethargic. Whilst it may be essential for the child to take these drugs for a certain amount of time, Chinese Medicine can assist with these side effects and treat the cause of the condition.

Children and Eczema

Eczema in infants is becoming increasingly common, but it can be treated easily and effectively using Chinese Medicine. Small doses of Chinese herbs and herbal creams can heal Eczema very quickly even in young infants. Many prescription ointments are steroid based and should be avoided at a young age.

Eczema - What you can do at Home

Neem oil (available to purchase at Shen Therapies) can be added to a child's bath with a small amount of lavender oil. Use only hypoallergenic soaps. After bathing, Vitamin E cream mixed with some Neem extract can be massaged into the Eczema rash.

Children and Leukaemia/Cancer

We hope that no one has to experience the heartache that is involved with Cancer. Whatever the outcome, there is a huge emotional cost to all involved.

Chinese Medicine is not a miracle cure for these diseases. Western medicine is required in order to treat Cancer. Chinese Medicine can be of assistance in reducing the side effects caused by drugs and radiotherapy. Chinese Medicine and Acupuncture can also assist in rebuilding the immune system and there are specific anti-cancer herbal formulas available. Used in conjunction, Chinese and Western medicine can be highly effective in treating cancer.