

HOW TO NOT “NEED” ANTIBIOTICS

This handout is intended to supplement the Wise Traditions Podcast and is not intended to stand alone. Feel free to email me to clarify anything FullyAliveFamilies@proton.me. Additionally, I am not a doctor and the information in this workshop and handout are in no way intended to replace appropriate medical care. If someone, especially an infant, seems too sick to treat at home or if a remedy doesn't seem safe/appropriate for the situation, call a professional. Some of these remedies are naturally not appropriate for infants/children/pregnant women/elderly people or those with chronic conditions or taking certain medications. Always check in with yourself/your “patient” and see the reaction to a remedy: every body is different. Check in with the pediatrician, chiropractor, PCP or whoever is appropriate as needed. “Dr Google” can be a great friend if you need exact directions to try something new. Mommypotamus.com is a favorite blog which covers a lot of natural remedies for infections.

There is no shame in taking an antibiotic! It could save your life. If you need one, take it and then assess your diet and lifestyle and what you might do sooner or differently the next time an infection comes your way.

Books worth owning and getting to know well:

The Alchemy of Herbs by Rosalee De la Foret

Be Your Own “Doctor” and *Be Your Child's Pediatrician* by Rachel Weaver

SUPPORTING IMMUNITY

Vitamins and Minerals

-all of them :)

-**vitamin C** from food and food based supplements – sick adults could easily take 1000mg of supplemental vitamin C/day. Overdose will simply cause loose stools.

-**vitamin D** We love Green Pastures fermented cod liver oil

-**zinc** We love Standard Process. 25mg/day is plenty unless chronic/acute issue, for short term immune help, 25mg several times a day is appropriate unless it causes an upset stomach.

-**vitamin A** from animal sources: fermented cod liver oil, liver, eggs, butter. . .

-**adequate iron** (Are your gums and inside of eyelids pink? You can get your iron stores checked easily at the doctors office – red meats, organ meats, cooked leafy greens and blackstrap molassas are the best ways to improve iron levels. Vit C aids absorption.)

As much as you can, get your nutrients from real food. Animal foods, partially b/c of saturated fat and cholesterol, are vital for good immunity.

Address chronic issues: GAPS, AIP, nutrient deficiencies, food sensitivities, toxicities. . .

Lifestyle things

These are all appropriate to do even if you aren't sick.

-SLEEP (yeah right!)

-magnesium baths (½ cup of sea salt in the bath is good for other minerals. Unless it is your first magnesium bath, feel free to use 4+cups of magnesium and stay in the bath as long as you like.)

-getting sun, fresh air, and exercise

-avoid sugar, alcohol, cheap vegetable oils

-chiropractic care/ massage etc

-gentle exercise

-reduce man-made EMF exposure (get outside, minimize screen use, turn of wifi)

-sweat if it is safe for you – sauna, hot bath, sunbathe, work out. . .

THINGS TO CONSIDER KEEPING ON HAND

Homemade:

- thyme oxymel (see recipes section)
- honey garlic (peel garlic, put in a jar, cover with honey – ready when you like the taste)
- extra broth (make dinner with it, drink as-is, or heat and steep some fresh herbs in it)
- fire cider (see recipes section)
- lotions with essential oils or pre-diluted essential oils
- elderberry syrup (see recipes section)

Store-bought

- cooking herbs and spices and loose leaf or bagged teas
- essential oils and a diffuser/carrier oils
- tinctures
- zinc, vitamin C, fermented cod liver oil
- liverwurst from US Wellness Meats
- magnesium salts
- bentonite clay
- nebulizer
- oximeter (and an infant oximeter)
- thermometer and BP cuff
- snot sucker like the Nose Freida
- gua sha facial stone (<https://www.youtube.com/watch?v=JZfw1zO5JUc>)
- castor oil
- heating pad
- bulb syringe
- homeopathic remedies (Joette Calabrese has good online courses and the book *The Complete Homeopathy Handbook* by Miranda Castro is a great resource)

Immune boosting teas (these are all good for a soar throat, too) We always add honey.

- clove+cinnamon+ginger+cardamom+orange peel (see Recipes)
- make spiced cider with some combination of the spices above (even my tea-hater can't say "no")
- lavender+chamomile+lemon balm+lemon juice
- sage/thyme/oregano + lemon
- there are tons of good "immuni-teas" on the market

SPECIFIC REMEDIES

Sore throat – treat every hour while awake.

Any herbal tea + honey (sage+lemon and chamomile are our top choices)
1-2TBS each honey and ACV in hot water (not on an empty stomach!)
1 tsp thyme oxymel (see Recipes) in warm water or straight
honey garlic (see Recipes) or honey with lemon and ginger (see first page)
switchel (see Recipes)
fire cider (see Recipes)
diffuse essential oils
keep head/neck warm with hat/scarf
well-diluted essential oils rubbed in throat area
gargle! Water should be as hot and salty as can be tolerated

Chest Congestion

herbal teas
diffuse essential oils
well-diluted essential oils rubbed into chest
eat, or even just smell onion, horseradish, mustard, and wasabi
eat as much spicy food as can be tolerated
fire cider (see Recipes)
magnesium – a bath is ideal especially for wheezing
For older children and adults: raise the head of the bed/use extra pillows.
Let little ones nap on your lap or in an upright front carrier or buckled into a car seat.

Ear Infections and Swimmers Ear

1-3 drop lavender in 1 TBS carrier oil rubbed around the ear (not in the ear)
sleep with infected ear up (inner ear infection)
cut a large clove of garlic in half and place half in the outer part of the ear
(hold in with medical tape if needed)
The small inner pieces of an onion – heated very gently- can also work well for this
or half of an onion can be heated gently, wrapped in a tea towel and held on the ear
Try gentle anti-fungals like lavender, citrus (watch photosensitivity), tea tree) if anti-
bacterial measures aren't working
Chronic ear infections – check diet – dairy and wheat are big culprits here

Teeth

Clove tea for pain/infection (not in large doses for pregnant women or infants)

Steep ½ tsp cloves in 1 cup hot water – allow to cool and use this to swish several times each day.

Swish with salt water after meals.

Black walnut* (tincture, tea, or powder) for infection/re-mineralization

re-mineralizing toothpastes are great – avoid glycerin if you can

fermented cod liver oil and raw dairy/nettle tea/broth for needed nutrients

There is great info on black walnut and herbs in *Be Your Own Pediatrician*.

**black walnut is not safe during pregnancy, nursing, or for long term use*

Oral Thrush

dietary measures (for mom, too, if Baby is nursing) are vital

eat coconut and apple cider vinegar

apply coconut oil or milk topically – less is more

sunlight -it kills yeast. Even a little indirect sun on Baby's face will be helpful – coax the mouth open if you can. Never put Baby's eyes in direct sunlight.

address any underlying issues like tongue-tie for Baby, and gut biome, and toxic load for both mom and Baby

coconut and sun on baby bottom as needed

Probiotics: for infants older than a few weeks, I would give dip my finger in sauerkraut juice and let Baby suck it off once a day, increasing to several times a day. For smaller infants, a good infant probiotic (like Klaire Labs) is great – start with much less than ½ a dose as the good “bugs” will kill off the bad and this can cause too much gas for a little belly.

For mom of nursling:

-wipe breasts with 1:1 Apple Cider Vinegar:water mixture (put wash clothes in a container, pour over ACV and water, use every couple of hours or after nursing and make a fresh batch daily)

-wash and thoroughly dry everything in hot water

-sun on breasts if you can make it happen, ideally close to noon

-dietary measures – especially coconut and garlic

- consider a monolaurin supplement. We like Lauricidin, start with a very small dose and work up very slowly as this can kill off yeast in both you and Baby and cause a lot of gas.

-minimize bra use

Postpartum Infections Can generally be avoided with the use of herbal baths and good nutrition, especially vitamin C and enough help to get some sleep. If there was a C-section, good wound care is vital and if mom needed a catheter during labor, it is wise to

do the things to treat a UTI before one develops (Probiotics, garlic, no sugar or junk. . .)
Do check in with your care provider if you are unsure about anything – every birth and recovery and mom are different!

After a vaginal deliver with or without tearing/epistiotomy, sitz baths are very helpful to keep an infection from ever developing. Get a “thumbs up” from your provider before taking your first postpartum bath. There are many good brands – WishGarden Herbs has a sitz bath I love.

Steep the herbs in 1 quart of freshly boiled water. Allow to steep at least 20 minutes, strain through a strainer into the bath. Add ¼ C magnesium and a teaspoon of pink salt if you can. Several baths in the first two weeks should stop any infections before they take hold as well as dramatically reducing postpartum swelling and discomfort. If they feel good, take multiple per day if you can.

Reach out to your doctor or midwife right away if you have any fever, unusual discharge or pain that is new in its location or intensity, a “chesty” cough, unusual dizziness, lack of urine or unaddressed urination pain or issues, or if you have any unusual postpartum symptoms – sepsis is not something to mess around with.

Miranda Castro has a homeopathic kit+guide specifically for “new mom” issues

Recipes

Honey Garlic: This is a lovely, make-ahead, easy to feed kids recipe. My kiddos beg for honey garlic. We eat lots during flu season and I like to travel with it and serve with each meal to keep everyone healthy. Many people serve this on crackers but my littles like is straight from the spoon. Toddlers over age one can just have a spoonful of the honey if they don't like the garlic.

Fill a mason jar $\frac{3}{4}$ of the way with freshly peeled garlic cloves.

Cover with honey. Allow to sit for an hour and come back and check if you need to add more – it tends to settle and you may need less honey than it seems at first.

Allow to sit on a counter or in the pantry for several weeks until the garlic is soft and mellow.

Fire Cider: There are as many recipes as there are people who make it. A couple of teaspoons a couple of times a day can help ward off colds and flus – I would also recommend it if you are fighting any other infection.

Use a 1-quart jar and fill it to 2 inches from the top with some combination of the following. If you use everything, it probably won't fit!

A chopped onion (red, white, yellow, or some shallots. . .)

6-12 cloves of chopped garlic

up to $\frac{1}{2}$ cup freshly chopped horseradish

up to $\frac{1}{2}$ cup freshly chopped ginger

up to $\frac{1}{4}$ cup freshly chopped turmeric

several springs of thyme, oregano, parsley or rosemary OR 1-2 tsp of each dried herb

up to 1 tsp peppercorns and/or cloves

1-2 cinnamon sticks

1-2 chopped hot peppers OR 1-2 tsp red pepper flakes

a lemon and/or orange juiced and zested or roughly chopped

Cover with ACV, screw on a plastic lid and allow to sit for a few weeks in a cool place out of direct sunlight, ideally, shake it every few days. Strain into a different quart-sized mason jar (use a cheesecloth and squeeze all those good juices out!) and add honey to taste (the dose of fire cider is small, so I wouldn't be shy to add quite a bit of honey if you need to). Store in the pantry for about six months or in the refrigerator for much longer. Some people dilute it with water, make cocktails, or hot toddies

Switchel: Feel free to adjust the ratios.

1 cup ginger, roughly chopped
6 cups water
½ cup honey
½ cup apple cider vinegar
2/3 cup fresh lemon juice

Simmer the ginger and water for 20 minutes.

Allow to cool until it is not scalding and strain into a pitcher or mason jars.

Add honey, vinegar, and lemon juice.

Serve hot, cold, or warm. The end product is pretty strong and you can add sparkling water, hot water, cold water or ice to each cup you pour depending on personal preference. Drink liberally if you are sick or to avoid sickness.

I also make a “cheater” version and pour hot water over ½ tsp powdered ginger and add honey, lemon, and vinegar.

Elderberry Syrup: This is best taken in several 1 TBS doses throughout the day – every hour is ideal if you can feel a cold/flu starting or 2-4 doses as a preventative. For an older infant, you can make some without honey and then sweeten with fresh-pressed juice, although this won't keep more than a few days. Delicious stirred into sparkling water with a squeeze of lemon.

Optional add-ins (put in with berries) clove, cinnamon, ginger, citrus peel. Clove and cinnamon shouldn't be used excessively by pregnant women. Elderberry stems/seeds and raw elderberries are toxic

½ cup dried elderberry
3 cups water
honey (about 2 cups)

Put elderberries and water in saucepan. Bring to a boil, cover, and simmer 20 minutes.

Turn off the heat and cool until safe to touch.

Strain into a bowl (press out every bit of the goodness!) and funnel into a quart sized mason jar.

Add honey to double the volume. (Acts as a preservative – less honey will mean it doesn't keep as well – it should still keep a few months, though)

Store in the fridge for up to one year.

Witches Brew

This makes a big batch of my favorite tea to give everyone when a nasty soar throat or respiratory virus hits. It is a very flexible recipe – you can switch out ingredients for

whatever you have on hand. Sage is a great addition for soar throats. I often use raw cider from a local farm and decrease the amount of spices to entice my reluctant drinker. Don't binge drink this if you are pregnant.

1/2 tsp whole cloves
2 cinnamon sticks
a few inches of fresh or 1 TBS dried orange peel
2 TBS chopped fresh ginger or 2 tsp dried ginger
1/2 tsp cardamom powder
1/4 tsp peppercorns
a shake of nutmeg
6 cups of water
optional sprigs of thyme, sage, rosemary, and a bay leaf

Simmer everything for about an hour – strain, add honey and sip. I often just leave the pot on the stove and re-heat and ladle through a strainer straight into mugs and then add the honey. A small mug a few times a day would be more helpful than one big serving.

Thyme Oxymel

Take a small “shot” (diluted as needed) every hour or so for a soar throat soother or take 1-2 times daily to fight any infection (UTI, sinus/ear infection, yeast infection. . .) Pregnant women should not consume large amounts of thyme, including thyme oxymel. We also love this as a salad dressing base.

Fill a mason jar 1/4 full with dried thyme or 3/4 full of fresh thyme (no need to destem).

Fill with equal parts honey and apple cider vinegar.

Allow to sit for two weeks or more before straining into another jar and discarding the thyme.

Store in the refrigerator for up to one year.