

# Mother Nature knows best

There is nothing on earth more precious than your baby, so **for Every Body** is delighted to share with you some effective, natural solutions for common baby ailments.

The beauty of holistic medicine is you can treat a variety of common conditions in babies without having to worry about side effects of questionable chemicals.

## Colic

Colic is often the first form of discomfort a baby experiences, and in some ways it can be just as distressing for the parents!

Several safe and effective natural remedies can be given to babies to help reduce the telltale symptoms of persistent crying, wind, hardening of the belly and straining to bend backwards. These include the herb fennel, and the homoeopathic remedies Chamomilla, Conchae, and Tabacum – a combination that naturally relaxes griping and abdominal tension, and which is easily administered in a powdered form. Powdered products free from alcohol, colours and flavourings are best.

## Teething

Teething affects many (but not all) babies at six to eight months of age. No matter how old your baby is homoeopathic remedies can safely and naturally ease sore swollen gums and other symptoms, including disturbed sleep and rashes on the chin, cheeks and nappy area. A fast and effective

formula is Weleda Teething Powder, which includes Chamomilla (the homoeopathic form of the well-known calming herbal medicine chamomile) and Conchae to soothe teething problems. Being a powdered product, it is easy to administer to irritable or distressed babies, and can be rubbed directly onto gums for fast relief. It contains no alcohol, colours or flavours.

Weleda Children's Tooth Gel can also be massaged into gums to help maintain their elasticity, and allow them to cope with the pressures of emerging teeth. It is a perfect choice for baby's first toothpaste. The fluoride-free gel brings natural cooling to inflamed gums thanks to its content of menthol-rich spearmint oil. Other ingredients include silica (to support the growth and development of healthy teeth), calming fennel, and calendula, traditionally used to prevent gum infections.



## Handy hints –tried and tested!

- Gentle abdominal massage using chamomile-enriched calendula oil can help a colicky baby to settle. Always use a smooth, circular action, working upwards from baby's right hip (on your left as you face the baby).
- If you're breastfeeding, avoid eating known colic triggers (such as dairy foods, soy, wheat, eggs, peanuts, fish, artificial preservatives, additives and colourings). You may also find Weleda Nursing Tea helpful to support healthy breast milk production and to reduce flatulence, indigestion and wind.
- Teething babies dribble more, and their drool is more acidic than normal. That means it can be irritating to the skin it comes in contact with – often the chin or cheeks. A natural protection cream with a deeply emulsifying formula can act as a breathable barrier over reddened or angry skin, allowing it to heal naturally.
- Avoid using talcum powder, creams and lotions containing synthetic ingredients – especially around the delicate nappy region. Synthetic clothing can also contribute to skin problems, so choose natural fibres that allow baby's skin to breathe. 🌿



## Nappy rash

Many babies experience worse nappy rash during teething due to increased acidity of their stools, but dietary causes can also worsen symptoms (for example, eating large quantities of stone fruit or other acidic foods).

It's vital to address nappy rash quickly, as blisters and ulcers can easily form, escalating the level of pain and distress. To relieve itching and pain, and encourage healing, we recommend creams with gentle healing herbs such as calendula, chamomile, aloe vera, and lavender oil.