



# Kitchen Remedies

...

for colds, flu, and other winter infections.

## Welcome to Natural Super Kids

### Your resources:

- Cheat Sheets
- Healthy Recipes and Meal Plans
- Video Vault
- Ask the Naturopath Sessions
- Facebook Community

And more...



## Kitchen remedies for colds, flu and other winter infections

### We will cover

- Common winter infections, which are suitable for home remedies.
- Why children fall sick so often
- What home remedies can and can't do, and when to seek care.
- Traditional remedies, backed by science.
- Kitchen Pharmacy
- Recipes
- Where to go for extra support



## Common Winter Infections

- **Common cold (viral)** - runny nose, congestion, cough, sore throat, fever
- **Influenza (viral)** - high fever, cough, runny nose, muscle aches, red/irritated eyes, vomiting, diarrhoea.
- **Viral gastroenteritis** - vomiting, watery diarrhea, abdominal pain, mild fever, headache, fatigue.
- **Viral croup** - infection of the voice box and windpipe causes a barking, seal-like cough, stridor and hoarseness.
- **Strep Throat (bacterial)** - sore throat, fever, stomachache, headache (no cough, runny nose)



## What can affect immune system function in kids?

- Antibiotics  
<https://naturalsuperkids.com/downsides-antibiotics-for-kids/>
- Nutritional deficiencies, zinc, iron, vitamin C, vitamin A, vitamin D, essential fatty acids.
- Gut health
- Stress
- Environmental influences
- Poor sleep
- Age



## GOT CONSTANTLY SICK KIDS? WHY CHILDREN FALL SICK SO OFTEN



## When to seek medical care

*It is how unwell a child appears that is more important than degree of fever*

- showing signs of serious illness, such as lethargy, dehydration (sunken eyes, dry lips), persistent pain or distress.
- fever greater than 40 degrees C, fever lasting longer than 7 days
- fever in children under 2-3 months of age - always seek medical advice.
- not responding to rest and home remedies after a few days, appears to be getting worse.



## A holistic approach

*"Herbs and orthodox medicine are not at odds, but are two systems of healing that can complement each other"*

Rosemary Gladstar

Remember: this advice is offered for education purposes and does not replace medical advice. Consult your GP or other health care provider for specific advice regarding your health needs.

## What Kitchen Remedies can do, and what they can't

### CAN

- provide symptom relief, make your child more comfortable
- rehydrate
- provide essential nutrients and nourishment
- be effective for prevention
- shorten the duration of an illness

### CAN'T

- treat a serious acute infection
- replace medical diagnosis from your doctor or health care provider.

## Recipes + Resources in the Klub

- Herbal Ice Blocks
- Sauerkraut
- Turmeric + Ginger bone broth
- Immune Boosting Miso Soup
- Natural Hydration Drink
- Gut Healing Applesauce
- Cheat Sheets - Coughs, Colds and Ear Infections, Foods to Boost Immune Function, Fermented Garlic Honey

Natural Super Kids Klub



## The basics - traditional remedies backed by science

- Plenty of fluids - thins congestion, prevents dehydration
- Rest and hugs - studies have shown that patients with the common cold had less severe symptoms with daily hugs.
- Nourishing food, quality protein, plenty of colour + fibre for gut and immune health
- Sunshine and time in nature - stimulates immune system, reduces stress response, provides vitamin D.
- Honey - shown to be more effective than OTC cough syrups  
*½ teaspoon dose to children ages 1-4 and 1 teaspoon for children ages 5 and up.*
- Chicken soup - helps to hydrate your body and open your nasal passages. Plus, contains zinc which helps strengthen your immune system and may reduce the length of colds.

## Kitchen Pharmacy

- Turmeric - beta carotene, antibacterial, anti-inflammatory, liver tonic, gut healing
- Ginger - stimulates digestion, boosts circulation, nausea, anti-inflammatory, clears congestion.
- Garlic - antibacterial, antiparasitic, warming, supports fever,
- Mushrooms - clear mucus, immune stimulating
- Raw honey - antibacterial, solvent for herbal remedies, flavouring
- Cinnamon - warming, boosts circulation, astringent, useful for diarrhoea, nausea, vomiting.
- Thyme - clears lung congestion, cough remedy, antiseptic,
- Fermented foods - nutrients enhanced through fermentation, supports health gut bacteria
- Broth - gelatin, protein, minerals, nourishing, great base for other healing ingredients.
- Unpasteurized miso - source of probiotics and amino acids, soy or chickpea

## Boost your bone broth

- Provides fluid, protein, gut healing nutrients and minerals.
- Choose organic, pasture-raised meat, where possible.
- Boost with garlic, ginger, turmeric, thyme, sage, sweet potatoes, medicinal mushrooms, herbs like astragalus root.
- Simmer chicken broth for 2-12 hours, beef for 8-24 hours.
- Best to make in advance and store in the freezer, in small quantities.
- Recipe for Turmeric + Ginger broth in the Klub.



## More on bone broth

Jess sharing some recipes for both chicken and beef bone broth

- <https://naturalsuperkids.com/bone-broth/>

Susan answering common questions when making bone broth

- <https://www.facebook.com/naturalsuperkids/videos/371609527061559/>



## Garlic Soup

Serve a cup daily as a tonic in winter or offer during cold/flu to decrease the duration.

- 1 large head garlic, peeled (about 10-12 cloves)
- 4 ½ cups broth or filtered water
- 1 ½ tablespoons of white miso (soy or chickpea)



1. Smash garlic cloves, let sit for 10 minutes.
2. Add to a pot with broth or water, let simmer, partially covered for 15 minutes.
3. Remove from the heat. Puree garlic cloves in a blender with one cup of the cooking liquid and the miso. Pour back into the pot with remaining liquid.

## Elderberry syrup

Antiviral, vitamin C, antioxidant. Use as prevention of the first sign of cold/flu.

- ½ cup dried elderberries
- 3 cups water
- 1 cup honey

1. Place the berries in a saucepan and cover with water. Bring to a boil, reduce heat and simmer over low heat for 30-40 minutes.
2. Smash the berries. Strain and squeeze the mixture through a fine mesh strainer of cheese cloth. Add honey.
3. Bottle the syrup and store in the refrigerator for up to 3 months. Take a teaspoon a day as a preventative in winter months, or increase to 3 x day during illness.



## Warming Ginger + Cinnamon Tea

Drink this warming herbal tea when you feeling a cold coming on. Offer small sips during diarrhoea and vomiting.

- 1 inch piece of ginger
- ¼ teaspoon cinnamon
- ¼ to ½ lemon, juiced
- 1 cup hot water



Grate the ginger and place in a small piece of cheese cloth or a nut bag, squeeze the ginger juice into a cup. Add cinnamon and lemon juice (¼ to start). Pour over hot water. Serve warm

## Onion Cough Syrup

Peel and slice 1 large onion, cover with honey in a large glass jar, with lid. Let sit overnight, then strain (or leave the onion slices in). Store at room temperature for up to 3 months.

Take 1 teaspoon each day as a tonic in winter, or increase dose at first sign of illness.

You can also add - garlic, ginger, thyme.

Suitable for children over 12 months old.



## My favourite “all-rounder” immune tea

Garlic, thyme, lemon, ginger, honey

Antimicrobial, vitamin C, clears congestion, respiratory tonic



1. Crush two cloves of garlic and leave to sit for 10 minutes.
2. Add to a small saucepan with 4 cups water, 5-6 ginger slices and a small handful of fresh thyme (or 2 tablespoons dry). Simmer over low heat for 20 minutes. Strain and cool a little, then add juice of 1 lemon and sweeten to taste with plenty of raw honey.
3. Give warm, as much as they wish to drink.

## Diet for vomiting and diarrhoea

DRINK: Plenty of fluid - rehydration formulas, broth, herbal teas.

EAT: BRAT Bananas, rice, applesauce and toast. Dry crackers or chicken.

AVOID:

- Dairy, damage to gut can cause short term lactose intolerance (breastmilk/formula okay)
- Sugar, juice, soft drinks



## Extra Support

- Vitamin C and Zinc
- Medicinal Mushroom powder - Super Mushroom Complex
- Probiotics
- Vitamin D
- Herbal medicines, Echinacea, Elder, Thyme, Lemon Balm, Chamomile.
- Support overall gut health and any underlying nutritional deficiencies
- Dried herbs + medicinal foods - Austral Herbs <https://www.australherbs.com.au/>
- Supplements, email [jess@naturalsuperkids.com.au](mailto:jess@naturalsuperkids.com.au) or [susan@naturalsuperkids.com](mailto:susan@naturalsuperkids.com)
- Book an appointment online <https://naturalsuperkids.com/book-a-consultation/>



## Thank you



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