



# Cold-weather cures doctors swear by

Whatever seasonal symptom your child is battling, you want to help her feel better—fast. To the rescue: these natural cures doctors “prescribe” to their own kids

## Stomach bug Rx Slippery elm

“At one time or another, all three of my sons have suffered from the stomach bug, which always seems to strike in the winter,” says family physician Rallie McAllister, M.D., coauthor of *The Mommy MD Guide to Losing Weight and Feeling Great*. When they get sick, she doles out an herb called slippery elm. “The bark of the slippery elm coats, soothes and protects the lining of the GI tract,” she explains. “It also temporarily reduces inflammation and adds bulk to loose stool.”

Slippery elm is typically dried and ground and can be used to make a tea, which is the way Dr. McAllister prefers to give it to her children. “When kids are sick, a cup of tea is often a lot more tolerable than offering something to eat. And tea ensures they’re drinking liquids too.” Her sons typically start feeling relief as they sip and often feel much better within 30 minutes. “When they’re really bad off, I give them a cup two or three times a day for a day or two,” she says. (One to try: Heritage Products Organic Slippery Elm Bark Tea; \$10 for 4 oz., at [Vitacost.com](http://Vitacost.com).)



## Fever Rx Homemade Gatorade

When her kids get dehydrated because of a fever, Nina Shapiro, M.D., a mother of two and the director of pediatric otolaryngology at the Mattel Children’s Hospital UCLA, combines the juice of 1 lemon, ½ teaspoon of salt, 1½ to 2 tsp. of sugar and 4 to 5 ice cubes in a blender and mixes it until it reaches a slushy consistency. The homemade solution, which provides electrolytes for hydration and a little sugar for energy, is much healthier than store-bought varieties because it has no artificial colors, chemicals or preservatives, explains Dr. Shapiro. “The kids love the taste, and I think the slushy consistency helps a lot,” she says. “Sometimes when my kids aren’t feeling well, they’re not up for drinking, but spooning in a sweet treat is much more tolerable. In a couple of hours, I start seeing relief.”

## Cracked lips Rx Vitamin E

“Last winter my son got really cracked and chapped lips. He had never had it this bad before. He was all red, scaly and sore—and not just on the lips but the skin above too,” recalls mother-of-two Natasha Iyer M.D., who practices functional and regenerative medicine in Calgary, Canada. “Regular lip balm didn’t help at all, so I used the oil from a capsule of vitamin E,” says Dr. Iyer. Vitamin E is an oil-based antioxidant, so it moisturizes and allows the collagen and skin to heal, she explains. Dr. Iyer applied the oil before bedtime and her son’s lips were dramatically better when he woke the next morning. “I applied once more in the morning and he was all healed by that night.” ❄️

### Moms’ definition of a good day

quick take

✓ 61%	Getting everything crossed off my to-do list
✓ 57%	Having the energy to be fully present with my family
✓ 52%	Having a clean house
✓ 44%	Eating at least one meal as a family
✓ 21%	Connecting with friends

SOURCE: Quaker Oats

