



# Stomach soothers MDs swear by

Whether it's due to sweets overload, gas or something else, when your child has an upset stomach, you want to help her feel better fast. To the rescue: doctor-approved natural cures for the most common belly woes

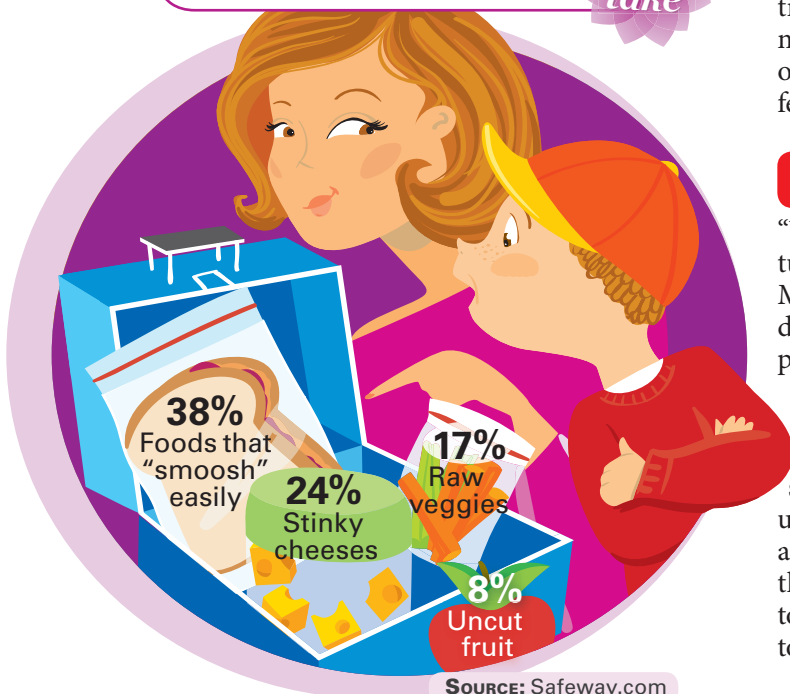


## Constipation Rx **Berries this way**

“When my kids have a birthday party-packed weekend, replete with cheese pizza and cake, they tend to wind up constipated by Sunday night,” says Nina Shapiro, M.D., director of Pediatric Ear, Nose and Throat at the Mattel Children’s Hospital UCLA and a mother of two. That’s when she reaches in the freezer for blueberries and raspberries. “These fruits contain lots of antioxidants and fiber, which stimulates digestion and helps pull other foods through the digestive tract,” says Dr. Shapiro. “Plus, we always have them around, whether they’re in season or not. I serve them straight from the freezer in a bowl—my kids love the taste: sweet and icy!” The fiber-rich berries generally work their magic by the next morning.

## What kids don't want in their lunch box

quick take



## Gas Rx

## A belly massage

“I’ve been using the same technique to ease my daughter’s gas pains since she was 1 month old,” says mother-of-two Shilpa Amin-Shah, M.D., an emergency-room doctor in Livingston, New Jersey. “She’s 5 years old now, and we still do the same thing.” Dr. Amin-Shah’s approach is to give her daughter a massage around her belly button in a clockwise direction for about a minute. “It’s important to rub clockwise in order to follow the workings of the intestine. It helps remove gas bubbles,” she says. To make the massage more relaxing, Dr. Amin-Shah often uses a bit of organic olive oil or baby oil at the same time. “She usually feels relief within five minutes.”

## Diarrhea Rx

## Ice pops

“When any of my kids have bouts of diarrhea, my focus turns to hydration,” says father-of-three Harry Broome, M.D., president of MVP Kids Care in Phoenix. While drinking water is always an option, Dr. Broome prefers ice pops—but not ones loaded with sugar. “The sugars in most ice pops pull water into the bowels by osmosis, increasing diarrhea,” he says. So he opts for Pedialyte pops (available at grocery stores). “The kids see the pops as a treat, so it’s really easy to get them to take them,” he says. And unlike other frozen treats, these pops have just enough of a sugar/sodium ratio to help kids replenish the electrolytes they lost because of the diarrhea. Dr. Broome doles out two to three pops a day for a day or two. “You can’t really give too many,” he says. “And the kids feel better in no time.” ❄️

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