

5 ways Chinese medicine can help you and your child

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Chinese Medicine is wholistic in its approach to health and wellbeing. In this way, it can easily and effectively treat and help prevent many common childhood ailments as well as helping you restore the energy you need to keep up the hard work of great parenting.

In many ways children's immune systems are immature until they are about 7-8 years old. During these early years children are easily susceptible to illness. However, they also bounce back to health quickly and easily, so it often takes only a short course of treatments together with appropriate lifestyle changes before improvements are evident.

Chinese medicine treatments for children use specially modified, very gentle and painless acupuncture and acupressure techniques, safe herbs and simple dietary advice to put your children's health and wellbeing back in your hands.

Is your child in day care?

Are they bringing home all sorts of bugs so that the family is missing valuable time at work or

school? Chinese medicine helps to prevent colds and flu by strengthening the body's immune system. Clinical studies suggest that using Chinese medicine as both a preventive approach and treatment for colds and flu can reduce the incidence of upper respiratory tract infection and shorten the length of illnesses at any age.

Is your child a ball of phlegm?

Is their nose constantly running, do they get chesty coughs that just won't go away, or regular glue ear? Chinese medicine sees a weakened digestive system as being the source of most phlegm. You may already be aware of the benefits of avoiding certain foods when you are particularly sniffly. The reason for this is that some foods have a tendency to exacerbate phlegm production. This then aggravates, or sometimes triggers the onset of respiratory tract ailments such as stuffy or runny noses, sneezing, coughing, asthma and even glue ear. All of this can ultimately be attributable to a weak digestive system, which can be easily strengthened with Chinese Medicine and small dietary changes.

Is your child a picky eater?

Do they complain of tummy aches or have you noticed that they are constipated? Given that a child's digestive system is immature until around 7-8 years old, eating inappropriate foods can easily weaken it further. Diet plays a pivotal role in both the prevention and treatment of many childhood illnesses so often what we believe is a healthy diet for children may be "less than beneficial" for some according to Chinese medicine and many children's illnesses can be markedly relieved by simple modification of the child's diet. This process can then be enhanced and supported with acupuncture and Chinese herbal medicine.

Is your child keeping you awake at night?

Do they suffer from night terrors? Get them sleeping peacefully with Chinese medicine. If your child cries or screams before fully awakening this is often related to a type of indigestion or abdominal distress. On the other hand a baby who awakens every hour or two through the night and won't nap through the day may have their nervous system stuck on high alert. With either child a few gentle Chinese medicine treatments can get their system rebalanced and have them and you sleeping peacefully again.

Is parenthood more exhausting than you thought?

Look after yourself with Chinese medicine so you can have all the energy you need to keep up with your little ones. Postnatal support is important for both mother and child, particularly if the labour required any form of medical intervention. Chinese medicine treats conditions such as perineal discomfort, breastfeeding problems (insufficient lactation and mastitis), and minor postnatal depression. In addition, acupuncture is excellent for helping you restore the energy you expend in your new role as a parent.

Tania Grasseschi, with over 14 years experience in Chinese Medicine and Wholefood counselling, specialises in Women's and Children's health and works at Wholistic Natural

Medicine Clinic in Kingsford. As a mother of two she directly understands the challenge involved in working with children and has firsthand experience of the benefits of Chinese medicine in keeping children happy and healthy. She is passionate about sharing her knowledge and inspiring people, so also offers regular health and wellness seminars.

Her upcoming seminar is all about using food as medicine to nourish your family and to help with weight loss. Book into today to Eat Well, Be Well (Sat Nov 8 3-6pm). Tania is offering a 20% discount to readers of Kids in the East if both parents or a mother's group want to attend her workshop (usually \$75 each).

Book into Eat Well, Be Well: <http://www.eventbrite.com.au/e/eat-well-be-well-tickets-11536099785>

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