



How to Boost Your Child's Immune System



Breastfeed your child to enhance their immunity!

1.
 - a. Most medical and breastfeeding organizations ask mothers to breastfeed exclusively for 6 months – 1 year. The longer, the better as a child's immune system is still developing.
 - b. The *World Health Organization* recommends mothers to breastfeed their children until age 2 for maximum benefits.
 - c. Breastfeeding provides the following for a child:
 - i. Vitamins
 - ii. Nutrients (Fats, Minerals, Carbohydrates, Protein)
 - iii. Lactoferrin – a source of iron and has antimicrobial properties
 - iv. Antibodies – to protect against different pathogens
 1. Breastfed children are less likely to get sick and recover quicker from illnesses than formula fed children
 - v. A bonding experience for mother and child



Supplement their diet with probiotics to provide “good” bacteria to your child’s intestines.

2.
 - a. Our intestines have a large percentage of immune cells and using a good probiotic helps to colonize the intestines with healthy bacteria.
 - i. Helps relieve constipation
 - ii. Decreases colic and improves digestion
 - iii. Improves skin health
 - b. Some brands to consider are: Pharmax HLC neonate, Pure Encapsulations PureBaby Probiotic, Baby’s Jarrow-dophilus
 - c. For breastfed infants, the mother can take the product and the baby will benefit from breastfeeding.



Vitamin D

3.
 - a. Vitamin D is involved with immune health and bone health
 - b. In Seattle, we live at a latitude where we do not get enough sunlight year-round to activate enough Vitamin D in our skin.
 - c. Children can get enough Vitamin D through mother’s milk however many doctors are recommending mothers to supplement their infant’s diet.

- d. Alternatively, you can expose your infant to 30 minutes per week of sunlight wearing just a diaper.
- e. Recommended levels for infants are 400 IU/day.
 - i. Consider Biotics Bio-D-Mulsion drops



Identify any food sensitivities or intolerances.

- 4.
- a. When triggers are eliminated from the diet, they decrease the burden on the immune system and can improve a wide variety of things (digestion, mood, skin problems, diarrhea/constipation).



Get enough sleep....

- 5.
- a. Sleep is when your body rejuvenates, restores and replenishes itself. It is important to ensure that your child gets adequate amounts of sleep for optimal development and functioning of the immune system.



Herbal Allies for Immune Support

- 6.
- a. Echinacea – antimicrobial and enhances immune function
 - i. Wishgarden Herbs – Kick It Immune, Herbal Biotic
 - ii. Pharmaca – Kid’s Biotic
 - b. Astragalus/Huang qi – good for individuals who get frequent colds and an overall good qi tonic
 - i. Herb Pharm or Gaia tinctures
 - c. Larix – from Western Larch, a soluble dietary fiber similar to immune modulating complexes in Echinacea
 - i. Eclectic Institute Larix powder
 - d. Elderberry – tastes great and is antiviral, contains antioxidants, flavonoids
 - i. Sambucol
 - ii. Vital Nutrients Berry Well Immune Support
 - e. Homeopathic: Hyland’s C-Plus Cold Tablets or Sniffles ‘n Sneezes 4 Kids– good for the sneezes and sniffles, common cold symptoms

References:

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