

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

JUST FOR KIDS

Treating kids naturally with time-tested Chinese medicine formulas is so effective- once you know how. Here are some formulas that can help with colds, flus, immune support, digestion, pain and sleep. I recommend that you find a healthcare provider that resonates with your health goals for treating your kids. There are natural alternatives and practitioners that can help you. These are some formulas for common childhood conditions that respond very well to herbal Medicine.

**Some of these are formulas made for children. Some are adult formulas in liquid form. It is noted which is which on each one as the dose will be different.
Always start with the lowest dose and work your way up.**

Kids may take most formulas in tablet form as well. If they cannot swallow, you simply crush a pill or open a capsule and put in apple sauce, juice or water. Generally, doses listed on adult (Non-children) formulas are based on an 120lb adult. You decrease by weight. For example, if an adult dose is 2 pills, 3 times a day, that's 6 pills total. If your child is 30lbs, you use 1/4 of the dose or 1.5 pills in total.

If your child does not respond, see your healthcare provider.



You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](https://www.katestewart.org/fullscript) under recommendations/Protocols/Pain Relief when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

YIN CHAO JR.

- **Treats colds, flus, fever, cough, vomiting, diarrhea, helps the immune and digestive system.**
- For kids 8 months and older, or adults unable to swallow pills
- Take 1-3 droppers 1-4 times a day. Adjust according to size.
- Taken in water or juice. You may add to boiling water to remove the alcohol. Start with smallest recommended doses listed for kids- even 1-2 drops for kids under two years old is often sufficient.
- Safe for pregnancy, breastfeeding & of course kids.

FIRE FIGHTER

- **Treats hives, rashes, boils, acne, itchiness and inflammation from insect bites and stings. Reduces food sensitivity and symptoms of food poisoning. Treats swollen glands, sore throat, sinus and ear pain and swelling. Safe for pregnancy and breastfeeding.**
- 1/2 to 3 squirts 2-4 times a day. Dose is based on size.
- This is Children's formula.

OPEN AIR

- **Treats coughs with phlegm that is hard to get out. Relaxes the chest opens the lungs, promotes expectoration. Reduces wheezing. This is for dry coughs, not coughs with tons of loose phlegm.** For phlegmy coughs, get Purge Sticky Stuff.
- 1/2 to 3 squirts 2-4 times a day. Dose is based on size.
- Safe for pregnancy and breastfeeding.
- This is a children's formula.

GROW & THRIVE

- **Helps with growth, digestion and vitality. Treats chronic poor appetite, aversion to food, or very picky eating. This helps with digestion but it is primarily for low growth and development. See your healthcare provider first to assess your child. It does also relieve indigestion with belching, bloating colic, gas or gas pain, constipation or diarrhea. Not for vomiting or explosive diarrhea or any of those symptoms when accompanied by high fever.** For digestive issues alone, get Belly Binder instead.
- 1/2 to 3 squirts 2-4 times a day. Dose is based on size.
- This is a children's formula.
- Safe for pregnancy and breastfeeding.

BELLY BINDER

- **Treats digestion issues like belching, gas, nausea, stomach aches, occasional irregular bowel movements, loose stools. Diarrhea, acute loss of appetite, food sensitivities and fatigue or irritability after eating.**
- 1/2 to 3 squirts 2-4 times a day. Dose is based on size.
- This is a children's formula.
- Safe for pregnancy and breastfeeding.

HARMONIZE WATER & FIRE



- **Nightmares, night terrors, night-time urination issues, mood swings, anxiety and fatigue.**
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses. Take 1-3 times a day until symptoms resolve.

BASIC BOOST



- **Treats fatigue, increases energy and stamina. Helps mental clarity and determination. Helps with sensitivity to wind and weather changes. Builds stamina and immune response. Reduces allergies.**
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses. Take 1-3 times a day until symptoms resolve.

PURGE STICKY STUFF



- **This is a phlegm clearing formula. It is good for coughs with phlegm, wheezing with phlegm, swollen glands, nose congestion, dizziness from congestion, head injuries. Not recommended for dryness and dry coughs.**
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses. Take 1-3 times a day until symptoms resolve.

ENVIROSHIELD



- **Treats frequent colds and allergies. helps with viral infections, allergies and environmental sensitivities. Helps with IBS, food sensitivities and intolerances. Helps the nose, eyes, sinuses, throat, lungs, skin, stomach and intestines.**
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses. Take 1-3 times a day until symptoms resolve.
- Safe for pregnancy and breastfeeding.

HEAD CLEAR



- **Treats any congestion or pain in the head like sinusitis, eye pain, conjunctivitis, headaches, migraines, toothache.**
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses.
- Take 1-3 times a day until symptoms resolve. Safe for pregnancy and breastfeeding.

FREE AND EASY WANDERER



- **Treats allergies, food allergies, headaches, digestion problems, irritability, depression . It can help with vertigo, dizziness and girls having menstrual symptoms like PMS and mood swings.** For sinus allergies, add a formula to treat sinus congestion like Enviroshield.
- This is an adult formula so put 20-30 drops in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses.
- Take 1-3 times a day until symptoms resolve.

RESINALL K



- **This is a liquid formula for pain and swelling due to traumatic injuries such as sprains, strains, contusions, fractures, broken bones and bruising. Can be used topically for skin disorders and skin infections.**
- This is an adult formula. Put one dropper in 1 oz boiling water for a few minutes. Add to 3oz of water or juice. Divide into 4-6 doses.
- Take 1-3 times a day until symptoms resolve.
- For topical use, apply directly to the affected area with a cotton ball 1-3 times a day. It will stain.
- Not recommended for pregnancy. Breastfeeding is fine.