

Final Project Copy-Edited Draft

Crunchy Mommy

Crunchy, hippy, granola, natural, holistic

All **are** used to describe moms who fall somewhere on the spectrum of striving to live a clean life. We are all on different parts of our path to living a natural life. This site was started to provide a safe place for us to come together and share our knowledge and experiences with one another. Topics include: **n**utrition, energy, homeopathy, aromatherapy, birth, nursing, baby wearing, cloth diapering and much more. Crunchymommy.com includes pages of recipes, holistic resources and, coming soon, message boards to connect with like-minded women that are free from **the** tracking of social media platforms.

Cold and Flu

As the Flu makes it way around this season, let's take a look at our top natural ways you can deal with it.

When you're not feeling well.

Allergies

Saline **N**asal **R**inses: flushes out pollen and other irritants and lubricates sinuses. Isotonic (just means same salinity as your body) rinses for allergies: 1/4 tsp. salt to 1 cup boiled and cooled water or warmed distilled water. **I** recommend NeilMed bottles, because they put more pressure behind the water, flushing more of your sinuses. You can get the bottles at almost every pharmacy for about \$10, and they usually come with salt packets that will last you a good long while!

Commented [AC1]: It is probably best to use the word version of \$10. This goes for other numbers, as well.

Other Things That Help:

We are huge fans of our neti-pots! Depending on what's going on with your nose/sinuses, you can wash up to 3x day. Usually, we only need once a day though.

Raw, unfiltered, LOCAL honey (takes a period of months to work, but it does work!)

Nettle tea or tincture.

Acupuncture.

Commented [AC2]: Might be great to combine this all into one section with separate bullets or sections.

Commented [AC3]: Readers might wish to know a little more information about these remedies

Ear Infections/Ear Aches

One cause is low iron, the body can't properly close canals; see Iron info below. A sign of low potassium (clogged Eustachian tubes).

Commented [AC4]: When starting a new paragraph, it is best to begin with an introductory phrase.

Chiropractic adjustments **can** help ears properly drain and relieve pain.

Ferrum Phos (Iron) homeopathic, use 6x (dilution rate)

Garlic & Mullein oil ear drops – place warmed oil, 2-3 drops in the ear, **three times a day**. Make your own or buy at the store.

Red Root Tincture - opens eustachian tubes.

Chamomile – **come in** oral, homeopathic tablets or herbal tincture drops to ease pain.

Pulsatilla – homeopathic tablets **that** help break up mucus, so it can drain better.

Massage lavender and/or melaleuca EO on the back of the ear and down the throat.

Commented [AC5]: As said above, making this into one simple list might help alleviate confusion.

Adrenal Fatigue

Adrenal fatigue occurs in kids, not just in adults! While in utero, mom doesn't share her adrenal support with **the** baby because she needs it more. So, when mom is low, then **the** baby is born low and **if** it's not corrected then mom is still low—while trying to care for a new baby—and **the** baby is tired and cranky and can't sleep well, with a poorly functioning immune system, so they just keep getting sick ... **It's** a vicious cycle.

Signs of children's adrenal fatigue: Difficulty getting up in the morning Difficulty going to sleep AND staying asleep Lack of energy Decreased ability to handle stress Mild depression Craving carbs or sugar Poor immune function, always sick Headaches with physical or mental stress Lightheaded when standing up suddenly Symptoms increase if meals are skipped Low energy around 3-4pm After dinner energy increases significantly and winding down for bed is difficult.

Commented [AC6]: A little bit of a choppy and repetitive structure to these sentences. It might help get the point across easier if the flow was a bit smoother.

Commented [AC7]: Unnecessary ellipses.

Commented [AC8]:

Commented [AC9]: Should be turned into a list to look a little cleaner.

Commented [AC10]: Probably unnecessary. Best to just begin with the sentence after.

It is important to note: there are varying levels of adrenal fatigue, so understanding where your child is on the spectrum is essential to the healing protocol. Most likely, a young child won't be in full adrenal fatigue, but instead could have adrenal stress.

Remedies for Children: De-stress **and** balance blood sugar. **Don't** skip meals.

Nurse/feed on demand. Toddler meals should be healthy carbs, proteins and fats. **Never** skip meals **and** never skip breakfast. Sleep: check out Elizabeth Pantley's books, No Cry Sleep Solution, for info. Avoid toxins & refined sugars Supplements: My favorites: Ashwagandha, Rhodiola (for emotional trauma), and Astragalus or Ginseng tinctures; good multi-vitamin, magnesium, vitamin C, vitamin B complex, trace minerals.

Commented [AC11]: Turn into another list

When you're not feeling well

Remember that good nutrition should always be first. In this blog we will post some common natural ways to deal with common illnesses. Posts may be updated as other remedies are suggested. Please remember that this is a mom to mom site and should not replace care of a medical professional

Commented [AC12]: A first what? Might be best to elaborate

1. ElderBerry- Syrup or tincture, this berry helps boost the immune system
 2. Umka- use 2-3 times a day to shorten symptoms
 3. VitC- tincture or pills (make sure it has bioflavonoids) VitC is water **soluble** so it may be taken multiple times during the day.
 4. Oscillococcinum- This little homeopathic can help shorten symptoms. We use 2-3 time a day for adults and children. **Remember with homeopathics**, one bead is the same as taking the whole bottle.
 5. Nettles - pills, tea or tincture. if you are stuffy this can help with allergies and allergy like symptoms
 6. Brigham Tea - tincture. This is nature's Sudafed.
 7. Red Root tincture. - This keeps the **estuation tubes** open
 8. Manuka Honey- Comvita 15+ or higher is the brand we trust. This is anti-viral and anti-bacterial. We use a half teaspoon for children three times a day and a teaspoon three times a day for adults.
 9. Cinnamon tea - cinnamon sticks boiled in water. Add in some raw honey and the juice of a slice of lemon. Sip all day to keep bacteria from growing on the back of the throat.
 10. Sleep -
- remember that fevers serve a purpose.

Commented [AC13]: The juice of a lemon.

Commented [AC14]: Providing more information on this topic might help the flow of the list

Commented [AC15]: Should probably be number 11.

CLASSES, APPOINTMENTS & GROUP BUYS

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Need a reminder on how to make a tincture, unsure of what to use for a cold, or not sure what the root cause is? Sign up for a consult. Consults are available by phone [via FaceTime](#) and Facebook messenger video.

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Remedies

Arnica Montana: Homeopathic or infused oil. This is a great remedy for bumps, bruises and swelling.

Belladonna: Homeopathic. Used for sunstroke, acute pain, fevers, coughs and sore throats, headaches and migraines as well as PMS symptoms.

Chamomile: homeopathic, tincture or tea. Fights anxiety and depression. Improved digestion, anti-inflammatory, pain reducer, fights oral bacterial infections.

Colloidal Silver ~ I'm partial to NutraSilver. Silver is a biocide as such it should only be used when you would use an antibiotic. Not for everyday use.

Garlic: when sick, use a tincture for drop form, or eat fresh garlic by the spoonful, make yummy hot garlic lemonade and sip during the day. Adding fresh garlic to your daily cooking is a great way to boost immunity.

Manuka Honey: There are cheaper ones, but Comvita is the strongest, and most reliable one for medicinal use that I've found. Usually half a bottle does the trick, so to kick strep (or any bacterial infection), it's my go to. You can take it right off the spoon or stir it in warm (not hot) water and drink like tea. It tastes like a honey eucalyptus cough drop. The number is the mm it kills on a Petrie dish, so 15 kills 15mm, 10 kills 10mm. I've used 10 before just fine, you just dose a little heavier.

Elderberry: Many people prepared their own this fall. WELL DONE! If not, Nature's Way Sambucus tastes great, works well and doesn't cost that much. It stimulates cytokines and is antiviral. Liquid, lozenge, pill whatever

Commented [AC16]: Delete.

Commented [AC17]: Why? Elaborating might help support this section

Commented [AC18]: I do not understand what this means. Please, elaborate.

Commented [AC19]: Unnecessary but could be useful to help promote a feeling of closeness with the reader

Essentia Water or other Ph Water: When you are sick, you are acidic. Your body doesn't function well until it becomes more alkaline again. You can also do lemon water or apple cider vinegar.

Commented [AC20]: A little bit blunt, might be best to rephrase this.

Oscillococtinum Homeopathic: Tastes awesome. Kids love it. Great little homeopathic. You do not need a full vial. just a pellet.

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Oreganol: You can add a few drops to your ear oil or salve. Super potent stuff. Do not give orally to your kids, they will hate you and never trust you again. Seriously.

Echinacea: Many of Echinacea's chemical constituents are, in fact, powerful immune system stimulators and can provide a significant therapeutic value. Ten milligrams of echinacea per one kilogram of body weight, taken daily over a ten day period, is as effective as an immune system stimulant. It stops viral colds.

Commented [AC22]: Can be combined.

Vapo Rub: I make my own now (takes about 5 minutes!) but either way, get one and use for congestion. Put it on chest and back over the lungs, on cheeks, sinus areas, and on bottoms of feet with socks over.

Red Root: This tincture is great at reducing swelling around the ears. It keeps the eustachian tubes open to allow for draining.

Helichrysm oil ~ for wound care and healing.

Chamomile ~ homeopathic or tincture.

Belladonna ~ homeopathic

Colic Calm ~ for tummy problems including food poisoning safe for babies but works great on adults as well.

Nettles ~ pills, tincture or tea. This helps with allergies.

Supplements

We aim to get as much of these needed nutrients from our food.

Salt~ Pink or grey but never white table salt. We need good salt!

Magnesium~ Chocolate, nuts, dark leafy greens

Potassium~ bananas, coconut water

Calcium ~ Dark leafy greens, black eyed peas, white beans, dairy

Boron ~ Our food supply does not contain the levels of boron we need to keep yeast levels in check and to protect us from exposure to mold. Boron is one of the few supplements that everyone is lacking in. Boron is also important for hormones.

Vitamin C ~ Acerola Cherry Powder

Vitamin D ~ Pastured Pork Lard (lard can be used in place of shortening when cooking) this needs to be supplemented daily during fall and winter.

Vitamin E ~ Wheat Germ oil

Vitamin B ~ beef liver

Waffles

Waffles

1 c whole wheat flour

1 Pasture egg

1 T Himalayan salt

1 T aluminum free baking powder

1 T maple syrup

3 T melted butter or coconut oil

1 c whole milk.

pre-heat waffle iron, in a medium bowl mix all dry ingredients. Add in wet ingredient. mix well.

Chicken soup

Put whole chicken, 4 stalks of celery, 2 carrots, whole onion cut in half, 4-6 cloves of garlic and 1 T pink salt in a large stalk pot and fill with water, boil for minimum or 2

Commented [AC23]: Might be best to put this in list form.

hours. Remove chicken and debone, remove veg scraps and discard. Add chicken back into broth and add in your choice of veggies (carrots, celery, peas, green beans, potatoes are favorites here) cook until veggies are tender and serve.

Noodles or dumplings can also be added

Products

Vitamin C Tincture

Organic Orange Peel, Organic Lemon Peel, Organic Rosehips, Acerola Cherry and French non GMO vodka

Red Root

Red Root is an aromatic, bitter and slightly warming herb that yields a deep red tincture and is associated with the blood. It helps move the blood and lymph fluid more freely throughout their channels, helping with swollen lymph nodes or the ill-effects of sluggish, fatty blood. The ability of Red Root to stimulate and support this fluid movement makes it potentially useful in treating hemorrhoids, varicose veins, broken capillaries, breast/ovarian/testicular cysts, heavy menstruation or swollen spleen due to viral infections. Many herbalists find that it is used best in formula with other supporting herbs. Because of its astringency it has also been used by Native Americans and early American doctors to stop bleeding.

red root also helps open the Eustachian tubes in the ears and allow drainage.

Brigham Tea Tincture

Wild leaves harvested in Southern Utah's High Desert and extracted in Non-GMO. This tincture has only two ingredients. Brigham Tea (Mormon tea) is in the Ephedra family and works as a natural Sudafed. Great for congestion. Mormon Tea has quite a few impressive health benefits, including its ability to lower Blood pressure, promote respiratory health, mitigate allergies, increase energy, boost the immune system and protect against kidney infections.

if your worried about the alcohol you can put a few drops in warm water and wait 2-3 min.

Red Raspberry Leaf Tincture

May help with menstrual cycle cramps and bleeding. May also help with menopause.

Commented [AC24]: You did not state the two ingredients. May confuse readers.

Commented [AC25]: These two sentences can be combined to help save on space

Many Midwives and professionals who work with herbs believe that the regular consumption of these teas may help prevent pregnancy complications such as preeclampsia, preterm labor, prolonged labor and postpartum hemorrhage.

Medical studies have shown that red raspberry leaf can be consumed safely during pregnancy and can decrease the length of labor and the number of interventions, as with most things, it is always best to talk with your midwife or doctor about any herbs that you're interested in using.

Our tincture is made with organic RRL and Non GMO vodka

Chamomile Tincture.

Made with Organic Chamomile and Non-GMO Vodka this tincture is good to have on hand year-round. Chamomile is calming, it helps fight anxiety and depression, helps with sleep. improves digestion, anti-inflammatory, pain reducer and fights oral bacterial infections.

Commented [AC26]: This needs to be reworded

Memo to Professor

Dear Mrs. Olsen,

My document is an online website/blog dedicated to providing safe, homeopathic information to parents about vitamins, illness and other health concerns for their children. My clients name is Jennifer Henson. Her email is asltalkinghands2@gmail.com. This is significant to her because she has created many blog posts for this website.

The purpose of this website, as said above, is to provide mothers with homeopathic alternatives to vitamins and medication. The website mainly revolves around illness and vitamin deficiencies that are common in children between the ages of zero and ten. The readers are most likely going to be health-oriented mothers who wish to stay away from conventional health methods like antibiotics, medication and vitamin tablets. The mothers (or fathers in some cases) will probably want factual and accurate alternatives that are both safe and effective.

When it comes to editing, there are quite a few spelling errors in throughout the blog, as well as grammatical errors. For examples the writer wrote “resourses” instead of resources. Some of the punctuational errors also take away a lot of the credibility of the writer. I also think the information is quite inaccurate, which is what frustrates me the most as the editor. I cannot just deny the evidence provided by the writers, but I am hoping to reword things in such a way that they are both accurate and supportive towards the goal of the writers. There is also a huge lack of professional tone. However, I do not think the writers want to sound professional. It looks like they are trying to sound relatable. With this said, I am going to have to try hard to add more credibility to the tone but not take away the relatability. I am also going to have to work on making sure the spacing, paragraphing and listing is consistent. The information needs to be more accurate in order to help the writer promote their products. Audiences are much less likely to buy something if there is no evidence to support its need.

My timeline:

Feb 7th – Discussed all the goals of the website/blog with the writer

Feb 14th – Finish editing major issues like correctness, flow and consistency

Feb 19th – Finish copy-editing conventions

Feb 22nd – Have an extra pair of eyes look at the final document for any errors I missed

Feb 22nd – Finish the document and turn it in

The Original Document:

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Vitamin C ~ Acerola Cherry Powder

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Vitamin E ~ Wheat Germ oil

Vitamin B ~ beef liver

In person classes

sign up for in person live classes.

If you want to host a class in your town/home please email Jennifer@crunchymommy.com

Sorry, there are no products in this collection

Intro to tinctures

Price: \$20.00

learn about the benefits of using tincture herbal remedies.

-Elderberry (immunity booster)

-Nettles (allergies)

-Chamomile (calming)

-Red Raspberry leaf (minstrel cycle)

-Red Root (sinuses and lymph)

-VitC (Immunity)

one on one class held with FB messenger video or FaceTime

intro to energy

Price: \$20.00

Learn the basics of energy, muscle testing, EFT (tapping), gratitude more.

One on one class using FB messenger video or Face time Video

Waffles

1 c whole wheat flour

1 Pasture egg

1 t himalayan salt

1 T aluminum free baking powder

1 T maple syrup

3 T melted butter or coconut oil

1 c whole milk.

pre-heat waffle iron, in a medium bowl mix all dry ingredients. Add in wet ingredient. mix well.

Chicken soup

Put whole chicken, 4 stalks of celery, 2 carrots, whole onion cut in half, 4-6 cloves of garlic and 1 T pink salt in a large stalk pot and fill with water, boil for minimum or 2 hours. Remove chicken and debone, remove veg scraps and discard. Add chicken back into broth and add in your choice of veggies (carrots, celery, peas, green beans, potatoes are favorites here) cook until veggies are tender and serve.

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Brigham Tea Tincture

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By Continuing on this site you agree to:

The information provided through this website should not be used for diagnosing or treating a health problem or disease. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. Anyone who has a health issue should consult a qualified medical doctor.

You should not discontinue or modify any medication presently being taken pursuant to medical advice without obtaining approval from your healthcare professional.

As a participant, you must take complete responsibility for your own physical health and emotional well-being.

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Letter of Transmittal

Dear Mrs. Henson,

The “Crunchy Mommy” website has been fully edited. This website was an exciting project, and I look forward to the final publication of the site. I have included smaller suggestions in the copy-edited document. However, there are a few more substantial suggestions I will state below to help you finalize the final draft.

First of all, I want to be sure you are aware that I was not very educated with some of the content provided in the document. I did extensive research to edit the material and to help promote the products and advice without dishonesty. With this being said, please note that I worked on making the document more accurate, consistent, and complete, so some of the content may have been changed. If you do not approve any of these changes, please be aware that these are merely suggestions to help provide more accurate information for the readers and not demands. Below are some suggestions to help continue this trend of accuracy.

1. It would be best to provide professional or scientific documentation of your findings and put them into a citations page on your website. This will greatly improve audience clarity and trust. Scholarly articles are the best. However, I realize this is a mother to mother website so scholarly articles may not be available on the topic. Even so, it would greatly improve the credibility of the website.

2. The overall tone of the website seems to be a little inconsistent. Some of the writing sounds professional and some more relaxed. Either of these tones is fine but used together in the same document can disrupt the flow and also leave the reader a little confused. It would be best to create a single tone to use throughout the website.

3. I noted this some in the copy-edited version of the document, but lists can greatly help separate information. When a reader sees a large amount of text in one area, it can seem daunting. This can prevent them from reading further into the paragraph. Separation of text is beneficial when trying to promote a product or provide advice.

4. Information seems to be missing from some of the sections. This should be filled with content so that it does not disrupt the flow.

5. This suggestion is mainly caused by the moving of text from the website to Word document. Some information is not in a logical format. However, this does not necessarily need to be changed if you plan on putting the information directly into the website.

Feel free to ask me any questions regarding the document, and I will be happy to explain anything surrounding these suggestions or the copy-edited document. My email is Livelylilly2@yahoo.com, as you probably have already seen, and I can be reached via cellphone at 555-970-8322. It was a pleasure working on your document, and I look forward to its final publication.

Crunchy Mommy

"Crunchy, hippy, granola, natural, holistic"

What We are About

Above are all words used to describe mothers who are striving to live a clean life. Living a healthy life is never easy, and we are all on different a part of our path to living naturally. This website was created to provide a safe place for us to come together and share our knowledge and experiences. Topics may include nutrition, energy, homeopathy, aromatherapy, birth, nursing, baby wearing, cloth diapering and much more. The website also includes pages of recipes, holistic resources and, message boards to connect with other like-minded parents while also remaining free from the tracking of social media platforms.

Cold and Flu

As the Flu makes it way around this season, let's take a look at our top natural ways you can overcome it. For more information, please go to the "When you aren't feeling well" section.

When You're Not Feeling Well

It's a very frustrating experience when you aren't feeling well. Many adults and even children overwork themselves when they are ill. Sleep and rest are essential to begin recovery and remember that good nutrition should be just as important. In this blog, we will post some common natural ways to handle common illnesses. Posts may be updated as other remedies are suggested. Please remember that this is a mom to mom site and should never replace care from a medical professional.

Fantastic supplements and herbs for when you're feeling sick:

1. ElderBerry – Whether it is a syrup or tincture, this berry helps boost the immune system.

2. Umka - Use two to three times a day to shorten symptoms.
3. Vitamin C – In tincture or pills (make sure it has bioflavonoids) form. Vit C is water soluble, so it can be taken multiple times during the day.
4. Oscilloccinum- This little homeopathic can help shorten symptoms. It can be used two to three time a day for adults and children. Remember, with a homeopathic, one bead is considerably more than a tablet.
5. Nettles – In pills, tea or tincture form. This can help with allergies and allergy-like symptoms.
6. Brigham Tea – This tincture is nature's Sudafed. This means it is a natural anti-congestant.
7. Red Root tincture - This keeps the eustachian tubes in the ears open.
8. Manuka Honey- Comvita 15+ or higher is the brand we trust. This is antiviral and antibacterial. We use a half teaspoon for children three times a day and a teaspoon three times a day for adults.
9. Cinnamon tea - These are cinnamon sticks boiled in water. Add in some raw honey and some fresh lemon juice. Sip all day to help keep bacteria from growing in the back of the throat.
10. Sleep - Quality sleep is always an essential component of any healthy lifestyle and even more critical when one is sick.
11. Fevers - Remember that fevers serve a purpose. Reducing a fever can actually do more harm than good.

Ear Infections/Ear Aches

Ear infections are very common in children six months to three years old. One cause can be low iron (also known as iron Anemia) which can make it difficult for the body to close ear canals properly; see Iron info below. Ear infections can also be a sign of low potassium (clogged Eustachian tubes). Below are some homeopathic methods that can help improve symptoms.

1. Chiropractic adjustments - Helpful if done by a reliable chiropractor. Keeps the ears draining properly and helps relieve pain.
2. Ferrum Phos (Iron) homeopathic - It is best to use six times a day (dilution rate) to help increase iron in blood.
3. Garlic & Mullein oil ear drops - Place warmed oil, two to three drops worth, in the ear up to three times a day.
4. Red Root Tincture - Opens eustachian tubes.
5. Chamomile - These are oral, homeopathic tablets or herbal tincture drops that ease ear pain.
6. Pulsatilla - Homeopathic tablets that help break up mucus so that it can drain out properly.
7. Massage lavender and/or melaleuca - Apply to the back of the ear and down the throat.

Allergies

Allergic responses can happen to any race, age or gender. Symptoms can include, nasal congestion and excess nasal drainage, itchy eyes and skin, dry mouth, sneezing, and coughing. This condition occurs when chemical irritants enter the mouth, skin or nose causing a rise in histamine (the body's natural "we need to get this stuff out" defense). Below are some homeopathic techniques to help cure or lessen symptoms.

1. Saline Nasal Rinses: Flushes out pollen and other irritants while also lubricating sinuses.
2. Isotonic (same salinity as the body) rinses: 1/4 tsp. salt to 1 cup purified water (by boiling the water and letting it cool to room temperature) or warmed distilled water. I recommend NeilMed bottles. They put more pressure behind the water, which flushes more out of your sinuses. You can get a bottle at almost every pharmacy for about ten dollars, and they usually come with a large number of salt packets.

3. Neti-pots: Depending on what's going on with your nose/sinuses, you can use the pot up to three times a day. The average person or those without current symptoms only need to rinse once a day.

4. Honey - Raw, unfiltered and local honey (can take months to work, but it does work!)

5. Nettle tea or tincture – There are so many different nettle teas and tinctures to choose from and almost any can help promote illness recovery.

6. Acupuncture – This is a therapeutic method where a specially trained therapist carefully slides needles into multiple trigger point on your body. Don't worry, the needles are thin and go in very little. It rarely causes discomfort and can promote healthy lymphatic movement.

Adrenal Fatigue

Adrenal fatigue usually occurs in adults but can also occur in children! While in utero, mom doesn't share her adrenal support with the baby because she needs it more. So, when mom is low in adrenaline hormones, then the baby is born low, as well. If it's not corrected, then mom is still low (while trying to care for a new baby), and the baby is tired, cranky and not sleeping well. A baby with a poorly functioning immune system often keeps getting sick. It's a vicious and frustrating cycle.

Signs of Children's Adrenal Fatigue:

- Difficulty going to sleep and staying asleep causing lack of energy
- Decreased ability to handle stress.
- Mild depression.
- Craving for carbs or sugar.
- Poorly functioning immune system, always sick.
- Headaches caused by physical or mental stress.
- Lightheaded when standing up suddenly (Can lead to a condition called Postural Orthostatic Tachycardia Syndrome). Symptoms increase if meals are skipped.
- Low energy around 3-4pm but after dinner energy increases significantly.
- Difficulty winding down for bed or waking up in the morning

It is important to note that there are varying levels of adrenal fatigue, so understanding where your child lies is on the spectrum is essential when beginning the healing process. Most likely, a young child won't be in full adrenal fatigue, but instead, be suffering from adrenal stress.

Remedies to help Adrenal Fatigue in Children:

1. De-stress and balance blood sugar.
2. Don't skip meals, especially breakfast.
3. Nurse and feed on demand. Toddler meals should be healthy carbs, proteins and fats.
4. Get plenty of sleep. Check out Elizabeth Pantley's books, "No Cry Sleep Solution", for more info.
5. Avoid toxins & refined sugars.
6. Take supplements. My favorites are Ashwagandha, Rhodiola (for emotional trauma), and Astragalus or Ginseng tinctures. Good multi-vitamins for adrenal fatigue are magnesium, vitamin C, vitamin B complex, and trace minerals.

Remedies

Arnica Montana: Homeopathic or in infused oil. This is a great remedy for many skin injuries like bumps, bruises, and swelling.

Belladonna: Homeopathic. Used for sunstroke, acute pain, fevers, coughs, sore throats, headaches, migraines, as well as PMS symptoms.

Chamomile: Homeopathic, tincture or tea. It helps fight anxiety and depression. It can also be used to improve digestion and even fights oral bacterial infections. Other benefits include anti-inflammatory and pain reducing properties.

Colloidal Silver: I'm partial to NutraSilver. Silver is a biocide, as such, it should only be used when you would use an antibiotic. Not for everyday use as it can cause permanent discoloration of the skin.

Garlic: When sick, use a tincture, eat fresh garlic by the spoonful, or make delicious Hot Garlic Lemonade. Adding fresh garlic to your daily cooking is a great way to boost immunity and flavor!

Manuka Honey: Many other brands are cheaper, but Comvita is the strongest and most reliable Manuka Honey for medicinal use that I've found. Usually, half a bottle does the trick. So, to kick

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strep (or any bacterial infection) fast, it's a great choice. You can take it right off the spoon or stir it into warm (not hot) water and drink like tea. It's great for you and tastes like a honey eucalyptus cough drop.

Elderberry: Many people prepare their own this fall. If not, Nature's Way Sambucus tastes great, works well and doesn't cost much. It stimulates cytokines, is antiviral and comes in liquid, lozenge, or pill form.

Essentia Water or other kinds Ph Water: When you are sick, you are more acidic than usual. Even though our bodies acidity level does not change much under almost any circumstance, your body has difficulty functioning even if the differentiation is small. You can also do lemon water or apple cider vinegar to help balance your Ph, as well.

Oscillococcinum Homeopathic: Tastes awesome and kids love it. It's a great little homeopathic. You do not need a full vial — just a pellet.

Oreganol: You can add a few drops to your ear oil or salve. It is super potent stuff. Do not give this orally to your kids, it tastes horrible and might make your children fear you for a few hours.

Echinacea: Many of Echinacea's chemical constituents are powerful immune system stimulators and can provide significant therapeutic value. Ten milligrams of echinacea per one kilogram of body weight, taken daily over a ten-day period, is as effective as an immune system stimulant.

Vaporub: I make my own now (takes about 5 minutes!), but either way, get one and use for congestion. Put it on the chest and back over the lungs, on cheeks, sinus areas, and can even be used on bottoms of feet as long as you put socks on top.

Red Root: This tincture is great at reducing swelling around the ears. It keeps the eustachian tubes open to allow for draining.

Helichrysum oil: This is great for wound care and healing.

Chamomile: Homeopathic or tincture.

Belladonna: Homeopathic.

Colic Calm: Awesome for tummy problems including food poisoning. Safe for babies, but works great on adults, as well.

Nettles: Pills, tincture or tea. This helps with allergies.

Supplements

We aim to get as much of these needed nutrients from our food. However, it is common to not get all of these out of our diet alone. Below are some great food items that can help increase these vitamins.

Salt~ Pink or grey but never white table salt.

Magnesium~ Dark chocolate, nuts, dark leafy greens.

Potassium~ Bananas, coconut water.

Calcium ~ Dark leafy greens, black eyed peas, white beans, dairy.

Boron ~ Our food supply does not contain the levels of boron we need to keep yeast levels in check and protect us from exposure to mold. Boron is one of the few supplements that almost everyone is lacking. Raisins contain the most amount of Boron, but almonds are a close second. Boron is mainly important for hormones.

Vitamin C ~ Acerola Cherry Powder.

Vitamin D ~ Pastured Pork Lard (lard can be used in place of shortening when cooking) this needs to be supplemented daily during fall and winter.

Vitamin E ~ Wheat germ oil.

Vitamin B ~ Beef liver.

Products

Vitamin C Tincture

Contains organic orange peel, organic lemon peel, organic rosehips, Acerola Cherry and French non-GMO vodka

Red Root

Red Root is an aromatic, bitter and slightly warming herb that yields a deep red tincture and is associated with blood. It helps move the blood and lymph fluid more freely throughout their channels, helping with swollen lymph nodes or the ill-effects of sluggish, fatty blood. The ability of Red Root to stimulate and support this fluid movement makes it potentially useful in treating hemorrhoids, varicose veins, broken capillaries, breast/ovarian/testicular cysts, heavy menstruation or swollen spleens. Many herbalists find that it is used best in a formula with other supporting herbs. Because of its astringency, it has also been used by Native Americans and early American doctors to stop bleeding. Red root also helps open the Eustachian tubes in the ears and allow drainage.

Brigham Tea Tincture

Includes wild leaves harvested in Southern Utah's High Desert and extracted in Non-GMO. This tincture has only two ingredients. Brigham Tea (Mormon tea) and Non-GMO Vodka. This tea is in the Ephedra family and works as a natural Sudafed making it great for congestion. Mormon Tea has quite a few impressive health benefits, including its ability to lower Blood pressure, promote respiratory health, mitigate allergies, increase energy, boost the immune system and protect against kidney infections.

Red Raspberry Leaf Tincture

May help with menstrual cycle cramps and bleeding. May also help with menopause. Many Midwives and professionals who work with herbs believe that the regular consumption of this tea may help prevent pregnancy complications such as preeclampsia, preterm labor, prolonged labor, and postpartum hemorrhage. Medical studies have shown that red raspberry leaf can be consumed safely during pregnancy and can decrease the length of labor and the number of interventions. As with most things, it is always best to talk with your midwife or doctor about any herbs that you're interested in using. Our tincture is made with organic RRL and Non-GMO vodka

Chamomile Tincture

Made with Organic Chamomile and Non-GMO Vodka this tincture is good to have on hand year-round. Chamomile has a calming quality and can help fight anxiety, depression, inflammation, bacterial infections, pain, and poor sleep. It can even improve digestion.

*if you're worried about the alcohol with any of these tinctures, you can put a few drops in warm water and wait 2-3 min.

CLASSES, APPOINTMENTS & GROUP BUYS

Consult

Do you need a reminder on how to make a tincture, or unsure of what the causes and treatments are for colds? Sign up for a consult. Consults are available by phone via FaceTime or Facebook messenger.

The information shared is NOT to replace medical advice. Most of the information is holistically based. It has not been reviewed or considered acceptable by the FDA or traditional western medicine. We shall not be held responsible for the misuse of any of these services, and we reserve the right to refuse or end services at any time. Crunchy Mommy and its authors are not responsible for any damage arising either directly or consequentially out of the use or inability to use the information or services provided correctly.

Great Recipes!

Waffles

1 c whole wheat flour

1 pasture egg

1 T Himalayan salt

1 T aluminum free baking powder

1 T maple syrup

3 T melted butter or coconut oil

1 c whole milk.

Pre-heat waffle iron, in a medium bowl mix all dry ingredients. Add in wet ingredients and mix well. Place batter into the waffle iron until it is about half full and close the lid for 10 minutes.

Chicken Soup

1 whole chicken,

4 stalks of celery,

2 carrots,

1 whole onion cut in half

4-6 cloves of garlic

1 T pink salt

Put these into a large stock pot and fill with water. Boil for minimum of 2 hours. Remove chicken and debone. Remove veg scraps and discard. Add chicken back into broth. Add in your choice of veggies (carrots, celery, peas, green beans, potatoes are favorites here) and cook until veggies are tender and serve. Noodles or dumplings can also be added