

Liquid Blends for Children

Ages 3-12



Considerations when Prescribing Liquid Herbs to Children

This liquid blending book specifically covers herbal blends suitable for children aged 3 – 12. There are a number of factors to consider when prescribing liquid herbs to children, these include:

- As their bodies are developing, their absorption and metabolism of herbal actives can be different to adults
- Because of this, not all herbs are appropriate for use in children
- Doses need to be adjusted according to weight/age
- Children have different susceptibilities, responses and disease patterns compared to adults
- On a positive note: children have a strong vital force and respond well to appropriate herbs
- Compliance can be challenging while some herbs may be appropriate in children, the flavour may require substitution with better tasting herbs.

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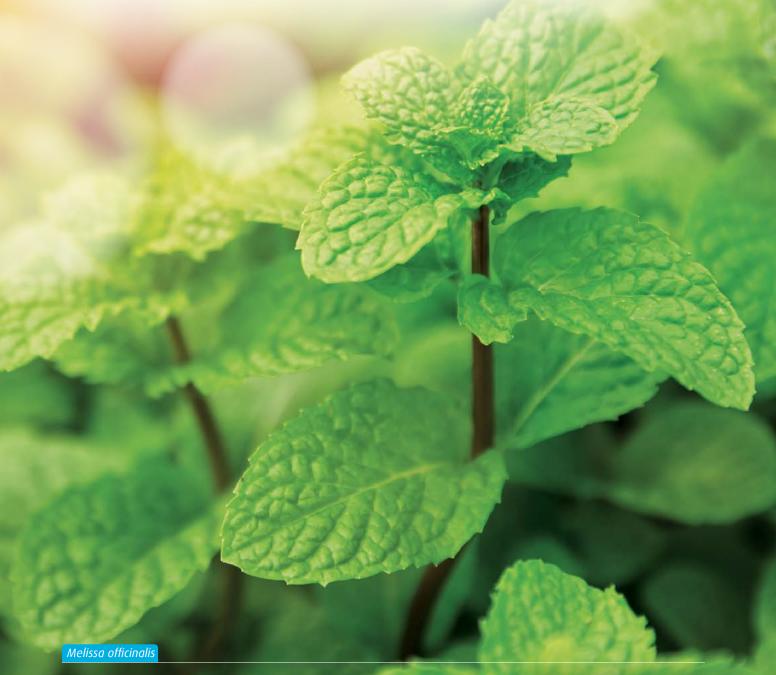
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Ethanolic Extracts and Children

The suitability of ethanolic extracts in children is sometimes a concern that is raised. A review exploring data from pediatric studies and pharmacovigilance programs, included over 50,000 children taking herbal extracts. The data found no adverse effects attributable to the ethanol content. Some points to note include:

- 1mL of 40% ethanol extract contains 0.33g of ethanol
- The average dose of herbs for a 6 year old is 1.5mL, which contains 0.5g of ethanol which is metabolised and cleared within minutes of absorption
- For reference, one standard drink contains 10g of ethanol, while fruit juice can contain 0.77g/L

Thus, at adjusted doses according to weight, adverse effects from ethanolic extracts are not expected.



Calculating the Appropriate Dose

A number of methods can be utilised to calculate doses for children. These values are only approximate because of the complex metabolic changes that occur during growth and maturation. MediHerb® and Professor Kerry Bone recommend Salisbury's Rule for children over 2 years as it is based on weight rather than age.

Salisbury Rule

Children over 2 years

Weight (kg) x 2 (if weight is less than 30kg)*
Weight (kg) + 30 (if weight is greater than 30kg)*

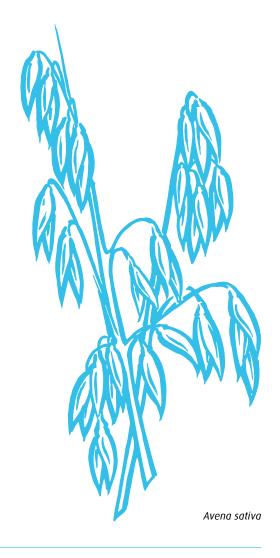
*This gives the percentage of the adult dose

For example:

20 kg child: 20 x 2 = 40% of 5 mL* = 2 mL 40 kg child: 40 + 30 = 70% of 5 mL* = 3.5 mL

Supporting Compliance in Children

- Mix with a sweetening agent to mask the flavour e.g. concentrated fruit juice (pear/apple and black current), honey or maple syrup
- ✓ Follow up quickly with a sweet drink e.g. juice or a "treat"
- ✓ Add single doses of liquid herbs to individual jellies (these can be made in ice cube trays)



Immune Support

Actions

Anti	bac	ter	ial,
Anti	mi	rot	siaÌ

Golden seal Pelargonium Elecampane Sage Thyme

Demulcent

Licorice* Marshmallow Mullein Ribwort Slippery elm

Immune Modulating

Astragalus Echinacea Siberian ginseng Withania Pelargonium Andrographis Tinospora Shiitake mushroom Reishi mushroom Maitake mushroom

*Short term use only

Anticatarrhal

Eyebright Elder flowers Golden rod Mullein Ribwort Golden seal Euphorbia

Diaphoretic

Ginger Elder flowers Elecampane Pleurisy root Lime flowers Peppermint

Expectorant Elecampane Grindelia Licorice* Pleurisy root Pelargonium Thyme

Antipyretic

Rehmannia

Yarrow

Andrographis

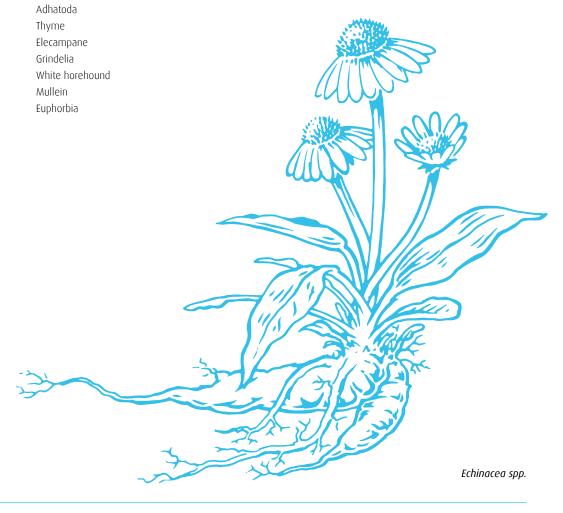
Antitussive

Wild cherry

Licorice*

White horehound

Spasmolytic (Respiratory)



Immune Support (continued)

Formulas

Immune Tonic			
Astragalus	1:2	30 mL	
Tinospora	1:2	42 mL	
Siberian ginseng	1:2	20 mL	
Withania	2:1	10 mL	
		102 mL	

Acute Intections			
Echinacea Premium	1:2	20 mL	
Elder flowers	1:2	25 mL	
Andrographis	1:2	30 mL	
Pelargonium	1:5	25 mL	
		100 mL	

Chronic and Recurrent Colds/Flu Siberian ginseng 1:2 35 mL Echinacea Premium 1:2 30 mL Astragalus 1:2 35 mL 100 mL

convalescence support			
Mushroom combination of and Maitake	of Reishi,	Shiitake	
OR			
Echinacea Premium	1:2	20 mL	
Tinospora	1:2	42 mL	
Siberian ginseng	1:2	15 mL	
Codonopsis	1:2	30 mL	
		107 mL	

General Antiviral SupportLemon balm1:225 mLLicorice1:115 mLSt. John's wort high grade1:235 mLEchinacea Premium1:225 mL100 mL

1:2	30 mL	
1:2	30 mL	
1:3	20 mL	
1:5	20 mL	
	100 mL	
	1:2	1:2 30 mL 1:2 30 mL 1:3 20 mL 1:5 20 mL 100 mL

Antitungal Support			
Pelargonium	1:5	40 mL	
Thyme	1:2	30 mL	
Echinacea Premium	1:2	30 mL	
		100 mL	



BB

Phytotherapy is particularly well-suited for children. Treatment is generally safe and side effects are minimal. There is often an accumulation of traditional experience with the utilization of particular herbs for common childhood problems. As well as alleviating symptoms, herbs can facilitate developmental changes...and thereby benefit the long-term health of the child. 99

Professor Kerry Bone

Cough Support

Formulas

Dry and Irritated

Marshmallow root glycetract	1:5	20 mL
Licorice	1:1	20 mL
Wild cherry	1:2	20 mL
Mullein	1:2	40 mL
		100 mL

Chesty with Unproductive Mucus

Ribwort	1:2	30 mL	
Echinacea Premium	1:2	20 mL	
Elecampane	1:2	20 mL	
White horehound	1:2	30 mL	
		100 mL	

Spasmodic

•			
Adhatoda	1:2	25 mL	
Grindelia	1:2	20 mL	
Elecampane	1:2	35 mL	
Licorice	1:1	20 mL	
		100 mL	

Chesty with Productive Mucus

Elder flowers	1:2	30 mL
Mullein	1:2	40 mL
Pelargonium	1:5	30 mL
		100 mL

Acute Bronchitis*

Echinacea Premium	1:2	20 mL
Mullein	1:2	30 mL
Pelargonium	1:5	30 mL
Pleurisy root	1:2	20 mL
		100 mL

Pertussis Support*

Thyme	1:2	20 mL
Golden seal	1:3	15 mL
Echinacea Premium	1:2	20 mL
White horehound	1:2	15 mL
Elecampane	1:2	30 mL
		100 mL



*Immediate medical attention is necessary. Refer patient to their medical practitioner. Herbal support may be applicable as an adjunct to medical treatment.

Ear, Nose and Throat

Formulas

Pharyngitis

Licorice	1:1	20 mL	
Echinacea Premium	1:2	25 mL	
Pelargonium	1:5	30 mL	
Thyme	1:2	25 mL	
		100 mL	

Otitis Media (serous)

Golden rod	1:2	25 mL	
Elder flowers	1:2	20 mL	
Echinacea Premium	1:2	25 mL	
Eyebright	1:2	30 mL	
		100 mL	

Tonsillitis

Golden seal	1:3	20 mL
Echinacea Premium	1:2	30 mL
Sage	1:2	20 mL
Marshmallow root glycetract	1:5	30 mL
		100 mL

Otitis Media (infectious)

Pelargonium	1:5	35 mL	
Echinacea Premium	1:2	20 mL	
Elder flowers	1:2	15 mL	
Ribwort	1:2	30 mL	
		100 mL	_

Sinus - Congested

Ribwort	1:2	30 mL
Elder flowers	1:2	20 mL
Echinacea Premium	1:2	20 mL
Eyebright	1:2	30 mL
		100 mL

Sinus - Rhinorrhea

Eyebright	1:2	30 mL
Golden rod	1:2	40 mL
Echinacea Premium	1:2	30 mL
		100 mL

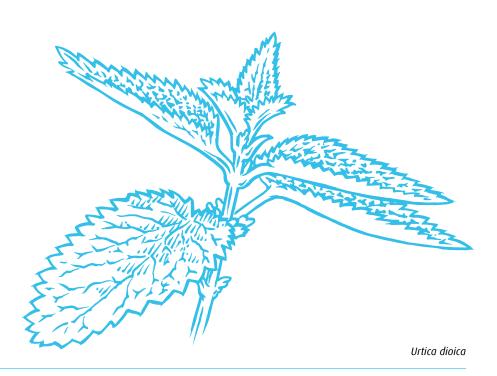
Note: calculate daily dose of formulas following Salisbury's Rule on page 5.

Althea officinalis

Allergy Support

Formulas

Seasonal Allergies			Asthma Support		
Albizia	1:2	25 mL	Adhatoda	1:2	25 mL
Nettle leaf	1:2	25 mL	Nettle leaf	1:2	30 mL
Echinacea Premium	1:2	20 mL	Grindelia	1:2	20 mL
Nigella	1:2	30 mL	Ginkgo	2:1	25 mL
		100 mL			100 mL
Hay Fever			Eczema		
Eyebright	1:2	30 mL	Nettle leaf	1:2	40 mL
Golden rod	1:2	20 mL	Clivers	1:2	30 mL
Echinacea Premium	1:2	20 mL	Albizia	1:2	30 mL
Albizia	1:2	30 mL			100 mL
		100 ml			





Nervous System Support

Actions

Adaptogen

Rhodiola Tinospora Siberian ginseng Withania Codonopsis

Cortisol Reduction

Rhodiola Withania

Sedative/Hypnotic

California poppy Cramp bark Lemon balm Lavender Chamomile

Adrenal Tonic

Rehmannia Licorice (short term use only)

Irritability

Lemon balm Passionflower Skullcap St. John's wort Vervain Zizyphus

Sleep Latency

Zizyphus Passionflower

Anxiolytic

Bacopa Californian poppy Oats green Lavender Passionflower Withania Zizyphus

Mood Support

Lavender Rhodiola Saffron St. John's wort Withania Oats seed Vervain

Sleep Maintenance

Oats seed Skullcap Passionflower

Cognition Enhancing

Bacopa Ginkgo Rhodiola Rosemary Siberian ginseng Tinospora Withania

Nervous System Tonics

Skullcap St. John's wort Motherwort Lemon balm Chamomile

Anxiety, Stress and Cognition Support

Formulas

Concentration/Memory Support		
Siberian ginseng	1:2	25 mL
Васора	1:2	35 mL
Tinospora	1:2	42 mL
		102 mL

Mild Anxiety option 1			
Passionflower	1:2	30 mL	
Chamomile	1:2	30 mL	
Oats green	1:2	40 mL	
		100 mL	

Mild Anxiety option 2			
Lemon balm	1:2	30 mL	
Skullcap	1:2	30 mL	
Passionflower	1:2	40 mL	
		100 mL	

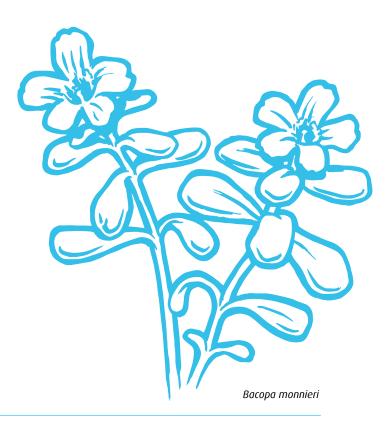
Mild Anxiety (with Cognitive Impairment)				
Васора	1:2	40 mL		
Passionflower	1:2	30 mL		
Withania	2:1	30 mL		
		100 mL		

Nervous Dyspepsia			
Chamomile	1:2	35 mL	
Lemon balm	1:2	30 mL	
Vervain	1:2	35 mL	
		100 mL	

Stress Support option 1			
Tinospora	1:2	45 mL	
Skullcap	1:2	25 mL	
Withania	2:1	30 mL	
		100 mL	

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Stress	Support	option .	2 (/ ˈ	vears +	1

St. John's wort high grade	1:2	20 mL
Withania	2:1	30 mL
Skullcap	1:2	30 mL
Rhodiola	1:1	20 mL
		100 mL



Mood and Sleep Support

Formulas

Irritability			Mood Balance option	n 1		Mood Balance option	on 2 (7 years	+)
Chamomile	1:2	20 mL	Vervain	1:2	20 mL	Lavender	1:2	30
Lemon balm	1:2	20 mL	Oats seed	1:1	30 mL	Rhodiola	1:1	30
Zizyphus	1:2	40 mL	Withania	2:1	30 mL	Saffron	1:20	20
Passionflower	1:2	20 mL	St. John's wort	1:2	20 mL	Lemon balm	1:2	20
		100 mL			100 mL			100

Restless Sleep Support (Maintenance)			
California poppy	1:2	30 mL	
Passionflower	1:2	40 mL	
Oats seed	1:1	30 mL	
		100 mL	

Sleep Latency		
Zizyphus	1:2	40 mL
Lavender	1:2	30 mL
Skullcap	1:2	30 mL
		100 mL



Digestion Support

Actions

Antiemetic

Barberry
Fringe tree
Ginger
Globe artichoke
Peppermint

Antiparasitic

Barberry Garlic (6-12 years) Wormwood*

Bitter Tonic

Globe artichoke Yarrow

Demulcent

Fenugreek Marshmallow

Mucous Membrane Trophorestorative

Golden seal

Antibacterial

Barberry Garlic (6-12 years) Golden seal Thyme

Anti-diarrheal

Raspberry leaf

Carminative

Chamomile Cinnamon quills Ginger Lavender Lemon balm Peppermint Rosemary

Hepatoprotective

Andrographis Bupleurum Globe artichoke St. Mary's thistle Rosemary

Spasmolytic

Chamomile
Cinnamon quills
Cramp bark
Lavender
Lemon balm
Peppermint
Yarrow

Antifungal

Calendula Garlic (6-12 years) Thyme Pelargonium

Anti-inflammatory

Licorice Baical skullcap Calendula Chamomile Fenugreek Yarrow

Cholagogue

Barberry Fringed tree Globe artichoke Peppermint Yellow dock

Hepatotrophorestorative

Globe artichoke St. Mary's thistle

Antimicrobial

Barberry Calendula Golden seal Thyme Sage

Aromatic Digestive

Chen pi Cinnamon quills Ginger

Choleretic

Barberry Dandelion root St. Mary's thistle Turmeric

Laxatives

Barberry (mild) Burdock (mild) Dandelion root (mild) Fringe tree (mild) Yellow dock (mild)

^{*}Use cautiously due to potentially toxic thujone content. Use lowest therapeutic dose possible. Routinely used at appropriate doses in children for helminth infestation.

General Digestive Support

Formulas

Bloating			
Chamomile	1:2	40 mL	
Lemon balm	1:2	30 mL	
Globe artichoke	1:2	30 mL	
		100 mL	

Digestive Stimulant			
Chen pi	1:2	30 mL	
Cinnamon quills	1:4	40 mL	
Globe artichoke	1:2	30 mL	
		100 mL	

vyspepsia			
St. Mary's thistle glycetract	1:1	30 mL	
Chamomile	1:2	30 mL	
Globe artichoke	1:2	20 mL	
Marshmallow root glycetract	1:5	20 mL	
		100 mL	

Flatulence		
Peppermint	1:2	20 mL
Chamomile	1:2	40 mL
Cinnamon quills	1:4	40 mL
		100 mL

Food Intolerances – Symptomatic Relief		
Chamomile	1:2	30 mL
St. Mary's thistle glycetract	1:1	30 mL
Peppermint	1:2	20 mL
Marshmallow root glycetract	1:5	20 mL
		100 mL

Acute Gastritis Support		
Chamomile	1:2	40 mL
Marshmallow root glycetract	1:5	40 mL
Licorice	1:1	20 mL
		100 mL

Nausea		
Peppermint	1:2	30 mL
Chamomile	1:2	40 mL
Globe artichoke	1:2	30 mL
		100 mL

Nervous Dyspepsia		
Lemon balm	1:2	30 mL
Lavender	1:2	30 mL
Chamomile	1:2	40 mL
		100 mL

Reflux			
Chamomile	1:2	30 mL	
St. Mary's thistle glycetract	1:1	30 mL	
Marshmallow root glycetract	1:5	40 mL	
		100 mL	



Constipation and Diarrhoea Support

Formulas

Short-term Constipation Relief

Dandelion root	1:2	25 mL	
Licorice	1:1	25 mL	
Yellow dock	1:2	20 mL	
Chamomile	1:2	30 mL	
		100 mL	

Long-term Constipation Relief

Marshmallow root glycetract	1:5	30 mL
St. Mary's thistle glycetract	1:1	30 mL
Chamomile	1:2	40 mL
		100 mL

Include Slippery elm powder blended in water in the prescription

Ensure adequate fiber and water intake

Diarrhoea*

Raspberry leaf	1:2	40 mL	
Lemon balm	1:2	20 mL	
Yarrow	1:2	20 mL	
Bilberry	3:1	20 mL	
		100 mL	

Also consider the use of Slippery elm Powder blended with water to help bulk the stool. Another important consideration is electrolyte replacement therapy

- * Refer children to a medical professional for a thorough medical assessment if a child experiences diarrhoea multiple times through the day or it lasts longer than 3 days, or if there are signs of dehydration:
 - Urinating less than normal
 - Sticky or dry mouth
 - Reduced tears when crying
- Sunken eyes
- Dizziness
- Drowsiness



The Eclectics regarded
Berberis primarily as a
tonic, but it was also used
for conditions affecting the
liver and gallbladder, and
for diarrhoea, dysentery
and parasitic infections.
99

Mills & Bone 2013

Gastrointestinal Infections

Formulas

Parasites e.g. Blastocystis hominis

Tinospora	1:2	60 mL	
Myrrh*	1:5	10 mL	
Echinacea Premium	1:2	30 mL	
		100 mL	

^{*}Pulse dose and short term only

Viral Gastroenteritis*			
Ginger	1:2	5 mL	
Chamomile	1:2	40 mL	
St. John's wort high grade	1:2	35 mL	
Licorice	1:1	20 mL	
		100 ml	

^{*}Refer children to a medical professional for thorough medical assessment if the child:3

- is vomiting or has diarrhoea and is not drinking fluids
- are unable to keep fluids down due to vomiting
- are showing signs of dehydration (see page 19)

Helminths

Rule on page 5.

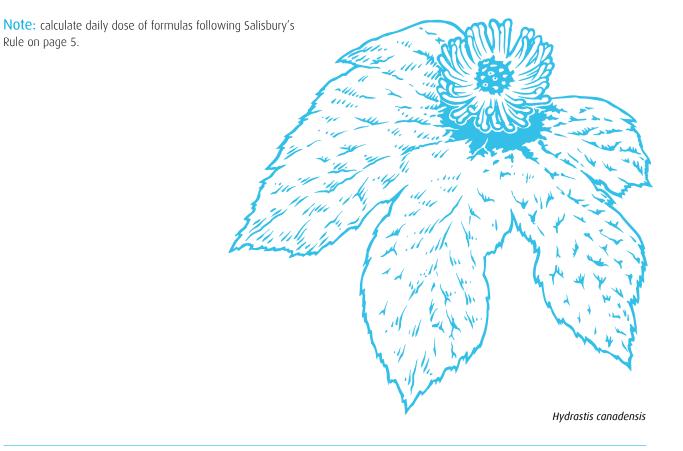
Nigella	1:2	70 mL	
Ginger	1:2	5 mL	
Wormwood	1:5	5 mL	
Chamomile	1:2	20 mL	
		100 mL	

Bacterial Infection

Golden seal	1:3	25 mL	
Thyme	1:2	25 mL	
Echinacea Premium	1:2	25 mL	
Chamomile	1:2	25 mL	
		100 mL	

Dysbiosis

Barberry	1:2	30 mL	
St. Mary's thistle glycetract	1:1	40 mL	
Thyme	1:2	30 mL	
		100 mL	



Common Presentations in Children

Formulas

Blood Building

Withania	2:1	30 mL	
Codonopsis	1:2	60 mL	
Ginger	1:2	10 mL	
		100 mL	

Nocturnal-Enuresis (bed wetting)

Corn silk	1:1	30 mL
Horsetail	1:2	40 mL
Skullcap	1:2	30 mL
		100 mL

^{*}Consider helminths

Healthy Development Tonic

Codonopsis	1:2	30 mL	
Tinospora	1:2	42 mL	
Nettle leaf	1:2	15 mL	
Siberian ginseng	1:2	15 mL	
		102 mL	

UTI's

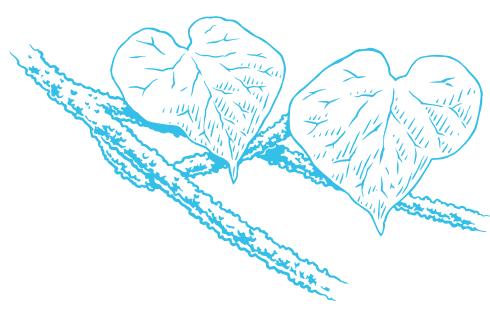
1:1	40 mL
1:2	30 mL
	100 mL
	1:2

Vaccination Support

Echinacea Premium	1:2	30 mL
St. Mary's thistle glycetract	1:1	50 mL
Rosemary	1:2	20 mL
		100 mL

Fussy Eater Formula

St. Mary's thistle glycetract	1:1	30 mL	
Ginger	1:2	5 mL	
Chamomile	1:2	30 mL	
Dandelion root	1:2	20 mL	
Lemon balm	1:2	20 mL	
		105 mL	



Tinospora cordifolia



Additional Resources:

Downloadable resources (located under "Clinic Resources" on myintegria.com):

- Liquid Blends for Immunity
- Liquid Blends for Digestion
- Liquid Blends for Stress
- Liquid Blends for Topical Applications
- · Liquid Blends for the Cardiovascular System

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- 3. Kids Health. Gastroenteritis (gastro) [Internet]. Parkville (Victoria): The Royal Children's Hospital Melbourne; [nd; cited 2021 Mar 16]. Available from: https://www.rch.org.au/kidsinfo/fact_sheets/Gastroenteritis_gastro/