

Children's Herbal Health Guide

**Supporting Your Child's Health -
Naturally!**

By Jhoane Robinson
Literary/Traditional Herbalist

Children's Herbal Health Guide

with CEDAR BEAR NATURALES™ Liquid Herbal & Health Products

Foreword by founder LoR. Caarl (L. Carl) Robinson, MH,TT,CCHt

Welcome to the wonderful world of all natural herbal products for your kids.

Hello, I'm LoR. Caarl Robinson, president and founder of Cedar Bear Naturales™. I am a veteran clinical & formulary herbalist and nutritional therapist with over a quarter of a century's studies, research and clinical experience behind me, as well as having been an 'industry insider' in the herbal products manufacturing industry for over 25 years.

My wife, an accomplished literary & traditional herbalist, and I have a blended family of 11 children (5 are hers, 6 are mine). Our experience as parents may not be perfect (whose is?), but when our children were sick we based our approach on natural healing that always put herbs first. Many of our children are now grown up and out on their own. They enjoy excellent health, and when they do get sick, they always look first to nature and herbs to take care of themselves. For Cedar Bear Naturales™ this is a lot of what building a legacy for future generations is all about.

Those of us who have had children have spent sleepless nights (too many to count!), cried with them, rejoiced with them, and have been there for their darkest and brightest moments. But above all, they are simply our children – whom we love. Ingrained in every caring and nurturing parent is the desire to give their children the best and safest there is. No wonder there has been an explosive demand on the part of the consumer for a safe, effective line of *true* alcohol-free liquid herbal products that are potent, efficacious, taste good and meet the discerning criteria of concerned parents.

Fact is, regardless of health care strides and the so-called benefits of child immunization programs, more children per capita of the American population are sick and staying sicker for longer periods of time and for more cycles of an illness than when I was a child. Complicating this is the problem that the number of children in this nation who are not covered by health care insurance for serious medical needs has risen beyond acceptable levels. What's a parent to do? That's where the efficacious and great tasting liquid herbal products described in this book can help.

The products Jhoane introduces in this book are effective corrective and preventive agents that are gentle, and can be considered an integral part of every caring parent's effort at dealing with their children's health care needs.

I have been producing (both in a clinical and commercial setting) effective, alcohol-free liquid herbal products since 1983, and was the first in our industry to do so with a children's line of great tasting and effective liquid herbal formulas. They are the most concentrated, efficacious and high quality completely alcohol-free liquid products available—bar none!

Jhoane makes an excellent and easy reading presentation of the liquid herbal formulas and products detailed in this book. These products are based on painstaking research, decades of clinical herbalism (including clinical trials) along with collaborations throughout those years with other professional clinical herbalists. That said, the real test is still the children themselves.

We have not forgotten that regardless of all else, for the children—our ultimate consumer—these products must work and they must also taste good. In fact, these products taste *remarkably* good. And kids like that! You might say these products are indeed, 'child approved!'

In Health,

LoR. Caarl Robinson, MH,TT,CCHt

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Introduction:

Primary Health Care Belongs in the Home

For most of humankind the world over, herbs have been the primary source of health care medicines. Long before the advent of “scientific” medicines, people took care of most ailments using the plants that grew around them. Parents and grandparents used to know simple home remedies for common ailments and seldom needed to consult a physician for a cold, flu, sore throat or earache. Although much of this knowledge has been forgotten, many parents are seeking to rediscover it. They are dissatisfied with the costs, lack of results, side effects and long-term effects of modern drugs. They want a safer, gentler form of health care.

We are certainly not opposed to consulting with a medical doctor when the situation warrants it, but why should we waste our money, and the doctor's time and energy, on common ailments that we can safely and effectively treat at home? Here we are speaking of those conditions that are referred to as being ‘self-limiting,’ (meaning that given time, they usually correct themselves), but nevertheless benefit from a natural herbal boost or assist for easier and more long-standing results.

This booklet was designed to be a guide to effective home remedies for common family ailments. We can honestly tell you that this approach works consistently for most acute ailments [a short-term health crisis that if left unattended can become chronic (long lasting) and serious]. The home remedies we have used have often proven to be *more effective* than the treatments offered by orthodox medicine for the same complaints.

For example, it's no problem to settle stomachs, relieve headaches and take the pain out of injuries in minutes or to relieve and resolve sore throats, fevers and earaches within a few hours. Respiratory congestion will usually be gone in 24 to 48 hours. Also, by paying attention to preventative measures, particularly good nutrition, your children can become robust and healthy.

We take a vitalistic approach to health care. Our philosophy is that by building and supporting health at the basic and fundamental nutritional level, we support the very foundations for vitality and continued health throughout life, and with it, a balance of physical and emotional well-being, as well. Symptom treatment through allopathic drugs is known as medicalism, and is not able to build the foundations of vitality.

We want you to know that we are not fanatical about avoiding doctors, and we don't want you to be either. We know that modern medicine is wonderful and necessary for certain serious, crisis, and life-threatening situations. Please avail yourself of medical attention in emergencies, but do not discard all the home-grown knowledge of the past. Many home remedies are time tested and were, and still are, tremendously effective.

This book is strictly informational. We can only share our knowledge and experiences with you. When a situation is beyond your ability to treat with home remedies, you should promptly seek appropriate medical attention. We would also suggest that you seek professional help if ailments don't respond to your home remedies in a reasonable amount of time.

We want to reassure you that it is not difficult to learn to take care of most of the simple common childhood and family related ailments. In fact, medical science estimates that we would recover from 70-80% of most ailments if we just rested in bed and drank plenty of fluids. We are certain you will discover, as we have, that nature has grown the herbs and foods our bodies need to assist this healing process more quickly and with long-term benefits as only nature can provide.

In Health,
Jhoane and L. Carl Robinson

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Table of Contents:

Foreward – By LoR. Caarl (L. Carl) Robinson	Pg. 2
Introduction – By Jhoane Robins– Primary Health Care Belongs in the Home	Pg. 3
Chapter 1. Building Health	Pg. 5
Chapter 2. Healthy Parents Make Healthy Babies	Pg. 9
Chapter 3. Infant and Toddler Care	Pg. 15
Chapter 4. The Challenged Immune System	Pg. 18
Chapter 5. Cold & Flu Season	Pg. 25
Chapter 6. Cures for the Common Cough	Pg. 29
Chapter 7. Back to School – Health Support	Pg. 32
Chapter 8. Overactivity, Distractibility, & Natural Solutions	Pg. 35
Chapter 9. Reducing Aches & Pains – Naturally	Pg. 40
Chapter 10. Overcoming Allergies	Pg. 43
Chapter 11. Herbal Cleansing Health Support	Pg. 46
Chapter 12. Diet Dangers to Health – Food Poisoning	Pg. 48
Chapter 13. Hormones, Hormones, Hormones!	Pg. 50
Chapter 14. Puberty, Periods, and Pouting	Pg. 51
Chapter 15. Weight Problems – Under and Over	Pg. 54
Chapter 16. Herbal First Aid Kit – Don't Leave Home Without It!	Pg. 56
Chapter 17. Hectic Holidays and Beating Winter Blues	Pg. 59
Appendix – Cedar Bear Naturales™ Children's Products	Pg. 61

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www.cedarbear.com, info@cedarbear.com, 1 888 85HERBS (1 888 854-3727)

- Chapter 1 -

Building the Foundation of Your Child's Health With Cedar Bear Naturales™ Superior Supplementation!

We want our children to be healthy and happy, so at Cedar Bear Naturales™ we've taken a great deal of care and consideration in developing our products for children. Children and babies can't swallow pills, and won't take things that are 'yucky.' Cedar Bear Naturales™ herbal TincTracts® are liquids, so they are easy to swallow, and taste great. Kid's love them! The founders of Cedar Bear Naturales™ and natural health consultants throughout the country have raised their own children on these formulas, giving you the confidence that you are giving your child the very best in herbal health support.

With more and more scary illnesses and health problems hitting our children at even younger ages, now is a good time for parents and childcare givers to take a close look at how to build a solid foundation for our young people's health to avoid many health problems from even getting a toe-hold in the first place.

How to Build Strong Bodies

To build a solid foundation for a healthy lifetime, we need a wide variety of nutrients and micronutrients. When a child's body is supplied with these nutrients on a regular basis, the child stays healthier, behaves better, and does better in school! When you give the body the right nutrients, the body knows how to stay in healthy balance.

- **Diet:** Follow the old adages: "Food is your best medicine" and "You are what you eat." Eating primarily non-nutritious snack and junk foods compromises health, at any age! For a healthier life, provide as many fresh, organically grown foods as possible. Stay away from prepackaged foods, sugar, white flour foods, and soda pops. Avoid foods with the words "partially hydrogenated" on the labels. These transfatty acids are causing many of the health problems in our society and contribute to weight problems so many children have.

- **Water:** Drink plenty of purified water. (No, soda pop doesn't count!) Water keeps everything working in the body. A car engine begins to break down if it doesn't have enough clean motor oil. So does the human body, if it isn't given enough water throughout the day.

- Exercise: Avoid couch potato syndrome. Sitting for hours on end is not good for health at any age. Get the young ones (and yourself) out of the house! Moving the body pumps those nutrients (and oxygen) into the bloodstream to get them where they need to go, and moves toxins out of the body for keeping the blood and organs clear and working right.

- Supplements: No matter how well you child eats, supplementation is very important in today's world. Our diets lack many of the nutrients that we need to build our health, especially necessary micronutrients.

Cedar Bear Naturales™ = Superior Supplementation!

In the early 1980's, there were no commercially available alcohol-free liquid herbal product lines made specifically for children. Parents had to make do with trying to make their children swallow pills or capsules, force nasty tasting concoctions down their throats, use alcohol tinctures, or do as most everyone else was doing and give their children over-the-counter medicines.

The need for something new for children was seen. The TincTract® multi-step glycerin process had just been developed and since babies and children can't swallow pills and won't take something that they don't like the taste of, it was a natural to develop TincTract® formulas specifically for children. These formulas are in liquid form so they are easy for little ones to take (and herbs generally work better when they are in liquid form), and they taste great, so children are not only willing to take them, they love them!

These original children's formulas were the first commercially available alcohol-free glycerin-based herbal formulas ever made. Their long-standing use shows how effective they are. The "proof is in the pudding," so to speak.

Remember, CBN™ products are not made with alcohol – at any part in the process! Most glycerin-based products begin with an alcohol extraction. And, of course, traditional herbal tinctures are alcohol-based. Having no alcohol what-so-ever in the CBN™ liquid TincTract® formulas is an important plus because babies and children cannot process alcohol in their bodies. So, while medicines and herbal products with alcohol may help with symptoms, they are not good for children's health.

Since the introduction of TincTract® produced totally alcohol-free liquid herbal products for children, other single-step glycerol processed products for children have appeared in the marketplace. Although they are a good alternative to alcohol-processed products, they still lack the potency, concentration, strength, efficacy and full spectrum nature of a CBN™ TincTract® processed liquid herbal product. The CBN™ liquid TincTract® formulas have been carefully and

clinically formulated to work with a child's special needs. Gentle, yet effective, they have stood the test of time.

Amazingly versatile, CBN™ herbs can be taken at full concentration or diluted in water or juice and put in a cup or baby bottle for the child to drink. Think of CBN™ herbal products as concentrated herbal teas. Amounts used can be adjusted according to the size and weight of the child. Frequency of use can also be adjusted according to the child's needs.

Cedar Bear Naturales™ Liquid Herbal TincTracts®

Highlighted

- Children love them! Developed for children's discriminating (finicky) taste buds.

- Concentrated. A little bit does a lot of good.

- Convenient & Easy to Use.

- Begins working immediately.

- Fully absorbable into the body. What your child takes, your child gets the benefit from.

- Only the finest natural ingredients and whole herb parts are used.

- FDA Registered, Kosher certified, Vegan compliant.

- NO preservatives or additives added.

- NO alcohol is ever used. *True* alcohol-free is better for young children's health.

- NO refrigeration needed.

What is a TincTract®?

The TincTract® process (TINCture exTRACTion) is a multi-step process that uses modern scientifically-based manufacturing technologies (that have very low environmental impact) to produce an extremely potent product that tastes good and works amazingly well. President and Founder of Cedar Bear Naturales™, LoR. Caarl Robinson, a clinical & formulary herbalist and nutritional therapist, developed the TincTract® process nearly 25 years ago. Many of his TincTract® produced formulas have been in use continuously since that time, making Cedar Bear Naturales™ a name you can trust.

Suggested Use:

Directions given on Children's product labels are based on a 2-5 year old child.

General Use Table for Cedar Bear Naturales™ TincTract® Children's Formulas:

1/8 teaspoon	mL (approx. 1 dropper)	=	10–20 lbs
1/4 teaspoon	mL (approx. 2 droppers)	=	20–50 lbs
1/2 teaspoon	mL (approx. 4 droppers)	=	90 lbs and up

- Chapter 2 -

Healthy Children Begin with Healthy Parents!

In order to have healthy children let's begin before the beginning. Now, we're not talking about when a child is born. The beginning is long before that!

You see, a healthy child begins with healthy parents. If you are anticipating becoming a parent in the future, or have a family member who is, it's important to understand that it is vital for prospective parents to build their own health well before conception. And that takes time. The DNA that you pass on to your child carries the codes of your state of health with it.

Midwife Joan Patton of Provo, Utah, observed that the general health of the young mothers that she has attended has been sliding dangerously in recent years. She believes that teenage girls' nutritionally poor "junk food" eating habits and their lack of vigorous, outdoor activity has weakened their ability to carry and deliver vibrantly healthy babies. That means that the health risks to these young mothers, themselves, have increased because of their overall poorer state of health. We are looking at a truly serious situation for this and following generations.

Along with as healthy of a diet as prospective parents can provide for themselves, supplementing with Cedar Bear Naturales™ liquid herbal products, helps provide key nutrients necessary to build not only their health and vitality, but their future children, as well.

Natural Prenatal Care for Healthy Mothers and Healthy Babies

Pregnancy is an exciting time of wonder as a new life grows within. It can also be an anxious time as the mother-to-be feels concerns for her own health, the health of her unborn baby, and the many changes going on in her life.

Every mother wants a healthy baby. The best way to achieve that is to be a healthy mother. And that means mentally and emotionally as well as physically.

When asked for advice on healthy pregnancy, longtime midwife Joan Patton had this to say: "Nutrition and stress reduction are the two most important things a woman needs to deal with. When these two things are taken into consideration, everything else falls in place."

Diet and Lifestyle Do's and Don'ts

If your diet has been less than stellar before pregnancy, it is vitally important to eat the best you can, and to supplement your diet with the right nutrients for both you and your baby. Follow these nutritional, lifestyle and supplemental suggestions to feel your best. Spend time meditating, do something you enjoy every day, get plenty of rest with quiet naps during the day and enough sleep at night.

- Eat organic fruits, veggies, grains, meat, eggs and dairy whenever possible to avoid many chemical residues, hormones and antibiotics that are proving to not only be harmful to our health, but to our unborn children, as well.
- Eat more frequently in smaller amounts.
- Drink plenty of pure water.
- Avoid caffeinated drinks, carbonated drinks, alcohol, smoking.
- Exercise! Yoga stretching, daily walking, moderate 'stair-step' exercises and swimming not only strengthen and tone muscles, but uterine/birth canal tissues as well.
- Avoid anything medicinal, especially during the first three months of pregnancy when the baby's development is so critical.
- Don't Stress the Small Stuff! Stress is hard on the body as well as the mind. Nutrients don't absorb as well when stressed.

A pregnant mother should never take anything, even herbal products, that contains alcohol. This is another why Cedar Bear Naturales™ glycerin based alcohol free herbs are so good for pregnant mothers.

Herbal Supplements for Pregnancy and Post-Pregnancy

Herbal Minerals™ is an herbal formula that is a must! – Major and trace minerals are vital to a healthy pregnancy and for the developing child's health. Herbal Minerals™ was originally developed to raise essential mineral levels in pregnant women and for years has been used extensively by midwives throughout the Intermountain West area of the United States. Midwives and doctors know that if mineral levels are up, the likelihood of miscarriage and other pregnancy problems diminish dramatically.

Herbal Minerals™ is not only for the mother's health, but for the developing child in her womb, as well. Mineral deficiencies in mothers not only can lead to problems for their own bodies, but the same mineral deficiencies in a developing baby can contribute to a wide range of underdeveloped body systems problems (especially of the brain/nerves and respiratory systems), as well as weakened immune response with resultant allergies and sensitivities. It is

recommended to take CBN™ Herbal Minerals™ throughout pregnancy to provide other essential minerals and micronutrients vital to healthy pregnancy and babies.

Single herbs such as alfalfa, mullein and elderberry are also rich in calcium, magnesium and potassium. When taken over time, they help provide essential mineral levels in the body.

Easing Labor, Delivery, Post-partum Recovery, and Nursing:

- Female Toner: Pregnant women need to keep and sustain high blood levels of uterine specific minerals that build, strengthen and tone reproductive tissues. Female Toner provides these essential minerals in rich supply. This special formula contains uterus and capillary-toning herbs that help prepare the uterine and birth canal tissues for an easier labor. This is a gentle formula that can be used from the beginning of the second trimester and can be taken throughout the rest of the pregnancy. Red Raspberry Leaf, found in Female Toner, has been used throughout the world by countless women for centuries for toning the uterus and easing labor. It is also excellent for continued use during the postpartum period to re-tone the reproductive system. Female Toner helps after-delivery recovery and is also an effective nursing support, as the herbs in this formula also help increase milk production in nursing mothers.

Take 1/2 tsp (3 droppers full) Female Toner daily during pregnancy after the first trimester. A stout drink of Female Toner placed in warm water (1 tablespoon) right when labor starts helps shorten labor and reduce labor pains. Note: Female Toner is not to be taken by women with a history of pregnancy problems without the advice of a qualified health practitioner.

- Red Raspberry Leaf (*Rubus idaeus*) is the most recommended herb for pregnant women because it works as a uterine building tonic. It supports uterine strength, eases and speeds delivery, enriches milk supply, builds the tissue integrity of the gastrointestinal tract, respiratory tract and cardiovascular system, and helps reduce nausea. This herb also has a long history of helping smooth out difficulties in women's menstrual cycles.

To make your own infusion, place one ounce of dried raspberry leaves in a container and pour a pint of boiling water over them. Cover and let stand until cold, then strain. Drink throughout the day, half an hour before each meal. It may be sweetened with a little honey, if desired. A more convenient way would be to put one–two teaspoonfuls of CBN™ TincTract® of Red Raspberry leaf single herb in a pint of water and drink as recommended above.

The following herbs may be used in small amounts during pregnancy, (preferably as a small part of a recommended formula), but must not be taken in

large or therapeutic doses: Angelica, barberry, cascara sagrada, cinnamon bark, elderberry, fennel seed, fenugreek seed, feverfew, Oriental ginseng root, goldenseal root, juniper berry, lavender flower, marjoram, parsley leaf, senna leaf, sage leaf, thyme leaf, vervain leaf, wild yam, wood betony, yarrow flower.

- **Nursing Mother's Support** was specifically formulated to help support lactation. Begin taking immediately after delivery, or any time lactation needs increasing. It's good for the baby, too.

Alleviating Common Pregnancy Problems

Here are some additional herbal suggestions for smoothing the way during pregnancy.

- **Anemia** – Blood volume increases by 40% during pregnancy. Use Herbal Minerals™, and TincTracts® of Beet Root, Nettles, Elderberry to help reduce anemia.

- **Constipation** – Not enough dietary fiber, bulk and fluids often cause constipation. Chamomile Flower, Fennel Seed, Licorice Root, Peppermint Leaf, Red Raspberry Leaf, and Ginger Root TincTracts® can help.

- **Muscle Cramps** – Low calcium levels are often the culprit. Herbal Minerals™ and Female Toner are specially formulated to provide the minerals needed. Pain Away Willow Plus™, and TincTracts® of Meadowsweet, Shavegrass, and Nettles may be used. Deep Relief Balm topically.

- **Heartburn** can be soothed with Stomach Settler and TincTracts® of Licorice Root and Peppermint.

- **Cold symptoms** can be safely supported with a TincTract® formula we call Children's Cold Plus™ that contains yarrow, peppermint, elderflower, lemon balm and chamomile. (Children's Cold plus is a bit milder than Mega Cold Plus™). Each of these TincTract® herbs singly can be used as during pregnancy, as well.

- **Nerves** – Calming Chamomile™ helps to gently calm nerves. It can be placed in a warm cup of water and sipped slowly to soothe and relax tension.

- **Nausea/Morning Sickness** – Stomach Settler was developed specifically for morning sickness. Calming Chamomile™ is a soothing, gentle chamomile based formula that calms the jumpy stomach, as does Stomach Relief™, which has catnip and fennel. Single TincTracts® of Ginger Root, Chamomile, Catnip, Peppermint, and Red Raspberry Leaf are soothing to the stomach. Ginger is the best remedy for all types of nausea and widely recommended during pregnancy. Two–three droppers full of Ginger TincTract® in warm water can do wonders.

Keep a variety of these herbs on hand – if one doesn't settle the tummy in one instance, another or a combination of these herbs may.

- Stress and Anxiousness: Calming Chamomile™ is a gentle herbal formula that helps soothe frayed nerves and jumpy stomachs. Put 1/2 teaspoon (3-4 droppers full) in 1/2 cup warm water, sit back and relax. BTC™ Focus & Calming and BTC™ Crisis/Stress Emergency Blend can be helpful aids for de-stressing, as well as CBN™ Emotional Anatomy™ formulas, specifically made to support emotional balancing in 12 emotional centers of the body. These can be a wonderful support during pregnancy, labor, and post-natal periods.

Topical Use Products:

- Essential Oil Blends: Lavender Antiseptical™ Essential Oil Blend not only helps heal skin problems and is naturally antiseptic, but is relaxing and calming to the nerves. Two to three droppers full of in a warm bath makes for a soothing, skin moisturizing experience.

- Comfort & Healing Balm may be used on areas prone to stretch marks.
- Deep Relief Balm for relieving muscle cramps and pain.

BTC™ Energetic Products

As mentioned before, all CBN™ BTC™ products can be taken throughout pregnancy, during and after labor. They are based on homeopathic principals that do not carry any physiological health risks, and like all CBN™ products, are totally alcohol-free. BTC™ Hayfever/Dust/Pollen Allergies™ and BTC™ Food Sensitivities/Allergies™ help reduce symptoms without any substances that have questionable safety for the developing child. BTC™ Crisis/Stress Emergency Blend™ and BTC™ Focus & Calming™ may also help with delivery as well as with reducing stress and helping with sleep.

Herbs to Avoid During Pregnancy:

Not all herbs are benign and safe under all circumstances. Some have very powerful effects, and certain herbs should be avoided during pregnancy. A good rule of thumb is to avoid any medications, including most herbal ones, during the first three months of pregnancy unless your health-care professional recommends them.

The following herbs must be avoided completely during pregnancy (some can cause miscarriage): Black cohosh, blue cohosh, Dong quai, mistletoe, motherwort, myrrh, pennyroyal, pokeroot, shepherd's purse, tansy, wormwood.

Essential Oils and Pregnancy:

Essential oils are the distilled, volatile elements of various herbs. Their molecular structure and high vibrational qualities make them especially effective in therapeutic use, but because some essential oils can stimulate uterine contractions they should be avoided during pregnancy.

These are: Basil, chamomile, pennyroyal, geranium, ylang ylang. No essential oils should be taken internally straight or by themselves during pregnancy.

Essential oils that are safe to use externally during pregnancy in minute quantities are lavender, bergamot and rose.

The essential oils used in the Aromaceutical™ Blends of all TincTract® formulas have been formulated in such a manner so as to be safe for use during pregnancy.

- Chapter 3 -

Infant and Toddler Care

A child is born... And then, in between the beautiful moments when you are amazed at the wonder of this new life, come sleepless nights and worries over sniffles, diaper rashes, and other baby related problems.

Proper care of our precious little ones is so important at this delicate beginning of their lives. By understanding a few things about Mother Nature's wonder remedies – herbs, parents, grandparents, and other childcare givers can feel confident that they are helping build a solid foundation for a healthy life.

Babies and small children can't swallow pills and won't take anything that tastes bad, so Cedar Bear Naturales™ great tasting alcohol-free liquid herbal formulas are perfect for them. They can be taken in small, frequent doses when needed, and begin their work immediately. Amounts can be adjusted for child's age, size, and need. You can feel confident that using Cedar Bear Naturales™ for your little ones is the best way to attend to their health needs, naturally! Here are few pointers from Cedar Bear Naturales™, whose founders are veteran parents, themselves.

Infant's & Children's Herbal Health Guide:

- Colicky, Fussy, Irritable Behavior, and Upset Tummies – Children's Calming Chamomile™ is effective for the tiniest of babies (adjust the dosage according to weight of the child). A gentle nervine and digestive aid formula that calms nerves and settles upset stomachs, it reduces colic and fussiness in babies, and nervous stomachaches and irritability in older children. This formula has a calming effect, especially before bedtime or naps. By reducing stomach discomfort, picky eaters often experience an increase in appetite. Calming Chamomile™ is also effective for pregnant women and excellent for nursing mothers. The calming benefits are felt not only by the mother, but by the nursing baby, as well.

- Cold Symptoms (see also specific symptoms) – Children's Antioxidant Berries Plus™ has a broad-spectrum antioxidant action that helps overcome and avoid colds. Children's Cold Plus™ helps move colds out faster. Children's Immune Booster™ with echinacea and other herbs gives the immune system a boost. Children's Liquid Throat Lozenge is wonderfully soothing to the throat and has an antiseptic action.

- Constipation – Children’s Herbal Laxative gently relieves constipation, and children love the taste.
- Cough (wet, with runny nose) – Children’s Wonderful Wild Cherry™ for Wet Coughs is an expectorant action that dries respiratory tissues to reduce cough and cold symptoms.
- Cough (croupy, dry) – Magnificent Mullein™ for Dry Coughs moisturizes dry respiratory tissues and helps relieve hacking, croupy coughs. TincTract® of Lobelia relieves deep coughs.
- Cradle Cap – Lavender Antiseptical™ Essential Oil Blend is a wonderfully versatile essential oil blend in an olive oil base.
- Diaper, Face and Skin Rash (general) – Antiseptic/Healing Balm has a gentle antiseptic action, and Comfort & Healing Balm has comfrey and calendula blossoms to soothe and heal and protect irritated skin.
- Ear Infections – Ear•Aid!™ Essential Oil Blend with garlic essential oil and mullein flower has an amazingly effective track record for overcoming ear inflammations and pain.
- Emotional Issues – BTC™ Focus & Calming™ has a homeopathic-like action to calm and settle revved up little bodies and minds, and BTC™ Tantrum Away!™ soothes stress of all kinds, often relaxing a tired, cranky child so she can drop off to sleep.
- Eyes (closed, inflamed tear ducts) – An eyewash made of TincTracts™ of Eyebright, Bayberry Root, or Goldenseal helps reduce this problem.
- Fever (non-specific) – Children’s Pain Relief has salicin-rich herbs, the foundation that aspirin was based on. Children’s Tummy Ease™ with catnip and fennel soothes and cools the body. TincTract® of Peppermint Leaf is known for its cooling action.
- Hiccups – Children’s Tummy Settler™ and TincTract® of Peppermint Leaf help bring down hiccups.
- Nervousness, Difficulty Sleeping – Children’s Lavender Dreams™ relaxes nerves and muscles and gently soothes the central nervous system. This formula is also very calming and soothing to the digestive system (often a contributor to anxiousness, nervousness and muscle tension). Use during the day can help to calm some kinds of overactive behavior, muscle tension and muscle pain, nervousness and anxiousness, while in the evening it can help a child relax and get to sleep. Note: Some overly active children may be energized by this formula. Give these children CBN™ Focus•H™ instead.
- Skin Irritations, Insect Bites, Sunburn – Apply any one of these soothing remedies to the affected area: Lavender Antiseptical™ Essential Oil Blend for

the healing action of lavender and lemon oils; the gentle, calming essential oil blend, Essentially for Skin™; Comfort & Healing Balm, famous for its combination of comfrey and calendula in a beeswax/olive oil base; and microBURST!™ Liquid Trace Minerals.

- Sore Throats, Swollen Lymph Glands – Throat•STAT!™ Essential Oil Blend rubbed on the throat and lymph nodes, and a drop or two in the back of the throat clear up many throat problems. Liquid Throat Lozenge Spray soothes the throat and has antiseptic action.

- Stuffy, Runny Nose – Children’s Cold Plus™, Children’s Wonderful Wild Cherry™ for Wet Coughs help reduce congestion.

- Teething Pain – Children’s Pain Relief has salicin rich herbs to help reduce fever and take the edge off pain, Children’s Calming Chamomile™ brings down irritability, TincTract® of Clove Bud and TincTract™ of Lobelia used topically help reduce discomfort.

- Tummy Ache – Children’s Tummy Ease, Children’s Calming Chamomile™, Children’s Tummy Settler, and TincTracts® of Ginger Root or Peppermint Leaf all have stomach soothing actions.

- Yeast Infection Diaper Rash – Anti-Fungal Balm smoothed on the rash reduces the problem, while a few drops two to four times a day of Candida/Yeast Away™ helps reduce yeast imbalance from within. An effective formula to rub in the mouth. (This is a strongly immune stimulating formula and shouldn’t be used by infants in large amounts or over a long period of time.)

The Challenged Immune System

Itty bitty babies' immune systems are delicate and can easily be thrown out of balance in ways that will affect their health for the rest of their lives. The immune system's job is to determine what is supposed to be in the body and what isn't. Whatever the immune system determines is not supposed to be in the body, it works to get rid of however it can. That's what causes sniffles and fevers. The immune system is working to naturally remove something from the body.

When a child gets sick, the first impulse for a child's care giver is often to reach for something to make baby's and children's discomforts go away as fast as possible, so they go to the drug store to get over-the-counter medicines to stop the symptoms. All too often, suppressing symptoms causes a problem to "go underground" and hide until they erupt in stronger, more difficult to get rid of ways. So, when that happens, it's off to the doctor to get a prescription for antibiotics. The antibiotics only target certain bacteria, and not all of them at that, and by giving them too frequently, many strains of bacteria called 'super germs' have become immune to the antibiotics. Also, previous generations were given immunizations on a whole-scale basis in the belief that introducing pathogens and poisons into babies' delicate bodies would somehow make them healthier.

In the meantime, many of the babies of yesterday are now adults with serious immune system problems such as allergies, a plethora of auto-immune and early degenerative conditions along with ever growing complex health problems.

How can we reverse this trend? By going back to basics and gently building the health and immune systems of our little ones naturally so they can grow up strong and healthy.

Symptom Suppression Versus Immune Support and Stimulation

Let's take a look at the popular approach of symptom suppression and the problems that it can create.

- Fever suppressants may actually protect invading pathogens rather than destroy them by keeping temperatures down. A fever is now being recognized by medical science as a healthy response to invading pathogens, provided it is not prolonged or too high. Chronic, low-grade fevers are indicative of lingering pathogenic activity.

- Cough suppressants generally don't help get rid of the mucus that the cough is trying to clear up.

- Pain suppressants mask pain that helps slow us down so we go to bed and let the body's natural healing abilities to kick into action faster, not to mention that pain also helps us to realize that something is not right.

- Decongestants may drive pathogens more deeply into the lymphatic tissues (sequestering) where they now lay dormant waiting for the next time the immune system gets depleted, whereupon they reemerge becoming more virulent than the last time they emerged.

Symptom suppression is sometimes important for temporary aid as crisis intervention to get us through a day or night, but this approach can lead to increasing cycles of illness and health problems when taken to chronic levels. The best way to support health is through supporting stronger and healthier immune systems, its natural responses and vitality, the main approach that Cedar Bear Naturales™ takes.

In a perfect world, most acute (short-term) cold-like symptoms are self-limiting, meaning that the body is able to clear up the problems on its own when given enough time to do so. But that takes proper "R & R", something that few of us are able to do these days. When an immune system is suppressed from stress, lack of proper nourishment, and chronic health problems, it needs outside help to give it a bit of a boost to do its work more quickly and effectively, especially when we have busy work, school, and play schedules.

Threats to the Immune System

Overuse of Antibiotics

Often, a parent doesn't know what to do when their child gets sick, so they go to the pediatrician or family practitioner, expecting the doctor to "do something" to magically make their child's problem go away, therefore the doctor often feels pushed to resort to antibiotics, even when he suspects a virus, not bacteria, is to blame. It's a well-known fact that overuse of antibiotics has produced ever increasing resistances to antibiotics. Besides, antibiotic use often results in other side effects and health problems. Today, parents have to turn to other solutions to help their children when they become ill, and to protect their overall health.

Often antibiotics may not be best resort as many illnesses are viral, which antibiotics don't address, and many types of bacteria have mutated so that current antibiotics are becoming ineffective against them. This is borne out by the fact that many 'super' antibiotics are now being produced by pharmaceutical companies that are really 'chemotherapeutic' drugs redone and labeled as

antibiotics, which for the most part are an overkill approach with very bad side effects, both short-term and long-term, that outweigh any benefit a simple antibiotic approach may call for. Add to that, antibiotics not only kill germs that they are targeted against, but also the beneficial bacteria of the digestive system that are important for keeping yeasts and other invasive critters at bay. In other words, antibiotics have an indiscriminate action. Also, when antibiotics are given repeatedly, a rebound effect is often set in motion so the sufferer keeps relapsing and gets stuck in a vicious cycle of acute illnesses that then become chronic.

Toxin and Chemical Exposure:

Unfortunately, children often experience various levels of toxic exposures from their environment through things they touch, breath, and eat. Also, there are toxic residues from childhood shots that can negatively affect a child's immune system over time.

Many of us know that exposure to toxic chemicals makes us sick, but what we may not realize is that when environmental toxins and chemical poisons settle in a child's body tissues, they continue to negatively effect his health, sometimes subtly, sometimes in drastic ways, and sometimes for many years down the road.

Many health imbalances that have no apparent cause may actually be caused by toxins and foreign substances that, instead of being expelled from the body, have become absorbed and stored within it. This process is called sequestering – to be put away and kept somewhere.

- Children's Enviro/Chem Detox™ – A natural, great tasting liquid whole herb formula for children that has been developed specifically for clearing the body of environmental and toxic residues, even from deep within body tissues. The herbs in Children's Enviro/Chem Detox™ work synergistically together to purify the blood, protect and support organs of the body that are often negatively effected by toxicity, especially the liver, and to protect the child's body from further damage. This formula is high in antioxidants, which clear free radicals from the blood. (Free radicals are unbalanced molecules that damage health and cause illness and aging.) It is also high in a broad spectrum of major and trace minerals that are essential to optimum health. When these minerals are missing, the body tends to absorb harmful substances to try to counteract the deficiency.

- BTC™ Chemical Detox•E™ – Works like a homeopathic remedy to help on an energetic level of the body.

Breaking the Cycles of Illness

We can break from these cycles and problems or avoid them altogether by supporting the immune system with nature's remedies that help clean out the critters and build immune system health. Here are some important suggestions from Cedar Bear Naturales™ to protect our health and to help us to stay healthier, naturally!

- Drink plenty of pure water to help flush impurities and toxins from the body.
- Stay away from junk foods and carbonated drinks that lower immune resistance. Eat garlic and onions in your diet as natural antibiotics. Eat mineral/vitamin rich fresh vegetables and fruits as part of your daily diet.
- Get plenty of rest and sleep. Exercise regularly. Lower your stress levels, because stress lowers resistance to illnesses.

Building the Immune System

Many children have problems with their health that keep happening over and over again that no one seems to be able to figure out what is going on. We take the child from doctor to doctor, trying to find the root of these confusing problems. They might be something as small as the annoying sniffles and sneezes of allergic reactions, or chronic pain or fatigue, on up to more debilitating conditions and degenerative problems, even at young ages. A large amount of problems children have with their health stem from the immune system, itself.

When the immune system repeatedly misfires in any way, it is called an autoimmune condition. When the misfiring continues over a long period of time and imbalances health, it is called an autoimmune disorder. When that disorder actually causes damage to organs and body systems, it is then classified as an autoimmune disorder. What most people don't know is that there are now more than 70 conditions that are included in these categories.

The immune system's job is to decide what is part of the body (self) and what is not part of the body (not self), and to react accordingly. Statistics confirm that the rate of autoimmune disorders have risen alarmingly, even among children, as many people's immune systems have become confused and begun to attack their own bodies, causing various serious and debilitating conditions.

Herbal Remedies to Build the Immune System:

Herbs are nature's remedies, and Cedar Bear Naturales™ herbs are especially effective since these multi-step totally alcohol-free products are in a highly bio-available liquid form (meaning that they go to work the moment they

are ingested), and are packed with nutrients from whole herb sources. Many Cedar Bear Naturales™ formulas also contain a small amount of essential oil aromaceutical blends that support the work of the herbs in the formulas. In a word, there's nothing better.

Building the support structure to a strong immune system is important. Each of the following Cedar Bear Naturales™ herbal formulas and single herbs supports immune system health.

- Children's Adreno•Build™ – Often mental and physical fatigue and constant tiredness come from having overextended, over-stressed and exhausted adrenal glands, opening the door to illness. This formula effectively rebuilds and fortifies the adrenals, as well as helping with overactive behavior.

- Children's Antioxidant Berries Plus™ – Reducing free radical cell activity paves the way to better immune system function, slows aging, and increases energy. This important formula can help to ward off many a sniffle.

- Children's Auto-Immune Nectar™ is an immune system building tonic specifically formulated for those with autoimmune imbalances of any kind. An effective adaptogenic formula (adaptogenic means that it helps the body adapt to stress and pressures), CBN™ Auto-Immune Nectar™ gently builds health as it helps the body cope with stressors. This proven daily-use immune tonic is effective for autoimmune imbalances and is specifically designed for those who cannot use immune-stimulating herbs like echinacea, goldenseal, or even Oregon grape root.

- IFN Factor™ – Formulated to support the body's own interferon production. Naturally produced interferon in the body helps the immune system protect itself from viruses and abnormal cellular activity.

- Children's Herbal Minerals™– Minerals are a major key to healthy immune function. Family members get sick less often when they use Herbal Minerals™ and microBURST!™ on a regular basis.

- micro-BURST!™ Liquid Trace Minerals – Trace minerals are vitally important to building and protecting health. While all Cedar Bear Naturales™ herbal formulas have mB!™ Liquid Trace Mineral base in them to help them work even more effectively, microBURST!™ is the concentrated microfractionated trace minerals with an Aromaceutical™ Blend that goes right to the source, benefiting fluid dynamics and cellular function.

Immune Building Single Herbs:

- Astragalus root
- Ashwagandha

- Eleuthero Root
- Elderberry
- Goji (Lycium) berry.

Herbal Remedies to Boost (Stimulate) the Immune System:

- Children's Immune Booster™ is an immune system activator that nutritionally supports and stimulates a strong immune response throughout the body as well as specifically in the respiratory system. In addition to the immune-stimulating action that echinacea and Oregon grape root give this formula, the combination of other herbs in Children's Immune Booster™ also support the digestive system, the liver/gallbladder, and the lymphatic system, all important lines of immune defense.

This formula is especially effective at preventing illness if taken when an immune challenge is suspected, even before symptoms have a chance to take hold. It is great for the whole family to take when everyone is in need of strengthening their immune responses. When a family member has come down with cold or flu symptoms, but no one else in the family has yet, have the whole family take this formula. Most likely, the person with the symptoms will get better more quickly and the other family members either won't get the symptoms at all or they will experience far lighter cases.

This versatile liquid herbal formula may be taken in small, frequent amounts when needed, and the amount used can be adjusted up or down, according to the need, size and age of the child or family member. It's like having health in a bottle!

Note: This formula is primarily a Direct Aid and is not meant to be taken for extended continuous periods of time. Because of its highly immune stimulating action, children with autoimmune disorders should be given Children's Auto-Immune Nectar™ along with Children's Antioxidant Berries Plus™ instead.

- Yeastie Beastie Buster™ – While this formula targets bringing balance to the flora of the digestive system, it does have an immune stimulating action.

- Children's Cold Plus™ – Mildly immune boosting, the herbs in these formulas activate the immune response to deal with immune challenges. Helps clear out cold symptoms fast.

Immune Stimulating Single Herbs:

- Goldenseal
- Echinacea

- Lomatium
- Oregon Grape Root

Lymphatic, Digestive, and Blood Cleansers:

To help clear out problematic situations that cause health problems.

- Essiac Plus™ – A well-proven and gentle blood cleanser that helps the body remove toxins and supports cellular activity.
- Herbal Blood Cleanser – Keeping the blood clean of toxins with this effective cleansing herbal formula supports immune function by making its job easier.
- Children's Lymphati•Cleanse™ – Clears lymphatic congestion, important for returning to health.

Single Herbs that Cleanse:

- Red Root
- Oregon Grape Root

- Chapter 5 -

Cold & Flu Season

Beat the Bugs with Natural Supports

It's cold and flu season! T.V. and radio advertisements blaze the bold news over and over again, offering this over-the-counter remedy and that prescription medication. They declare you WILL get sick and your children WILL have colds and flu all winter long. With millions of dollars in publicity budgets and pharmaceutical interests behind them, these ads are professionally designed to program you to do what they want you to do – get sick and buy their products!

In 2008 when the FDA made such a strong stand that over-the-counter cough and cold remedies are dangerous for young children, removing many of these products from the marketplace, that parents are left to wonder what IS safe, and what they should do for their children when they get sick or may get sick.

Only in recent time has society turned to artificial medicines to get try to get rid of pesky cold problems. Most parents don't realize that using symptom suppressing over-the-counter remedies, while they may make a child feel temporarily more comfortable, can actually lengthen the amount of time it takes to overcome whatever caused the symptoms in the first place, and may contribute to more frequent problems, as well.

Herbs have been used from time immemorial to help clear out sniffles, snuffles and discomforts that happen so often that we call them “the common cold.” Here are a few suggestions from Cedar Bear Naturales™ to help keep the cold and flu “bugs” from biting you in the first place. And if you or your children do get “bit”, we offer some natural herbal supplement suggestions to help take the bite out and get rebalanced as quickly and effectively as possible.

Keep yourself and your children from getting sick by taking care of everyone's health – insist everyone in the family gets plenty of sleep, eats nutritious food, exercises regularly and drinks plenty of pure water to keep the fluid dynamics of the body active and healthy. And keep your children away from other sick children! While this advice may sound rudimentary, it is the basic foundation to keeping from getting sick in the first place.

If the bug bites in spite of your best efforts, there's plenty of support for children from Cedar Bear Naturales™ that can be used by all members of the family.

Herbal Formulas to Beat the Bugs:

- Children's Cold Plus™ – An Herbal Cold Formula Especially for Children – Gently activates the immune response, digestive and liver functions of the body to help in dealing with seasonal immune challenges and clear them out fast.

- Fever Buster™ – For Blasting Colds and Flu Out of the Body – A strongly activating direct aid specifically formulated for breaking fevers and clearing symptoms by opening the elimination channels of the body. (Not recommended for children under 2 years old.)

- Children's Immune Booster™ activates general immune system response while supporting the digestive system, liver/gallbladder, and the lymphatic system. (For those with autoimmune imbalances that are overly sensitive to immune stimulating herbs, use Children's Auto-Immune Nectar™ instead of Children's Immune Booster™).

- Children's Liquid Throat Lozenge™ – An Herbal Spray to Soothe Throat Tissues – A totally sugar-free, alcohol-free and corn syrup-free soothing herbal liquid in an easy-to-use spray bottle.

Children's Lymphati•Cleanse™ – Clears Lymphatic Congestion – Reduces lymph node swelling while clearing non-specific congestion from the body. This is a very important part of helping the body to flush strong acute and chronic congestion out of the lymphatic system.

- Children's Magnificent Mullein™ for Dry Coughs – An Herbal Formula for Scratchy, Hacking, Dry Coughs – Moisturizes and soothes irritated tissues, eases dry, scratchy coughs, chronic respiratory conditions and helps to moisten and heal irritated respiratory tissues. Most cold and cough remedies are designed to dry up tissues that are excessively moist. They are for the coughing, sneezing, sniffing, watering eyes type of relief. When sore throats and coughs are resulting from cold or flu symptoms where there you can't seem to turn off the dripping faucet, those remedies can help to bring welcome relief. But when coughs and respiratory discomfort are caused by tissues that are inflamed and irritated from lack of moisture, grandma's favorite cherry syrup or lozenges can actually add to the problem.

Cedar Bear Naturales™ Magnificent Mullein™ for Dry Coughs was the original natural herbal formula developed specifically to soothe and moisturize dry, irritated tissues. It helps reduce inflammation and relieves dry, hacking coughs and goes even further than the dry throat to help rehydrate all tissues in the respiratory system and even the digestive system. This original lung moistening formula also has an exclusive CBN™ Aromaceutical™ Blend to strengthen the tissue soothing effects of the herbs throughout the body.

Children's Magnificent Mullein™ for Dry Coughs not only helps reduce symptoms, but it is also high in ascorbates, antioxidants and respiratory-building mineral electrolytes to help speed recovery to health. Those exposed to various environmental pollutants and dry climates, dust allergy reactions, smoke, and other factors that cause respiratory tissues to become dry and difficult may find this unique formula brings them welcome relief.

- Children's Pain Relief – Relieves Non-Specific Aches and Pains – Gentle on the stomach. A good natural alternative to aspirin. Soothing and fever reducing salicin based herbs.

- Children's Sinus Relief™ – Clears Sinus Congestion and Inflammations– Relieves sinus swelling, stimulates lymphatic drainage, dries and clears mucous discharges and strengthens the body's defenses.

- Children's Wonderful Wild Cherry™ for Wet Coughs – A Natural Herbal Expectorant Formula – A gentle expectorant that cools and soothes respiratory tissues while removing excess mucus and congestion. THE most effective for the coughing, sneezing, sniffing, watering eyes type of relief. When sore throats and coughs are resulting from cold or flu symptoms where there you can't seem to turn off the dripping faucet, Wonderful Wild Cherry™ for Wet Coughs brings welcome relief.

Single Herb TincTracts® for Cold Symptom Support:

- Astragalus Root – Strengthens immune response, stimulates white blood cell production, acts as an energy tonic.

- Bayberry Root Bark – Drying and astringent, clears lymphatic congestion and fevers. Supports the circulatory system.

- Echinacea Angustifolia Root – Immune stimulant that raises white blood cell levels. Helps upper respiratory inflammation and sinus congestion. Note: Should not be taken by individuals with autoimmune conditions or when high white blood cell count is present.

- Goldenseal Root – Powerful antiseptic and immune stimulating properties, reduces inflammation in the respiratory, digestive, and urinary systems. Note: Do not take for long periods of time. Avoid using this herb with autoimmune conditions and during pregnancy.

- Goji Berry (Lycium Berry) – High antioxidant activity. Helps build immunity. Works specifically on the respiratory and cardiovascular system.

- Lomatium Root – Activates the immune system and supports the body against many kinds of immune challenges.

- Oregon Grape Root – Has moderate liver cleansing and blood alterative action. Good for stomach, intestines and urinary system. Gentler than goldenseal. Note: Should be used with caution by those with damaged liver conditions or autoimmune conditions.

- Red Root – A proven lymphatic decongestant, particularly effective when used for reducing lymph node swelling.

- White Pine Bark – Drying and expectorant; soothes and strengthens the nerves. An antiseptic and drawing when used topically.

- Wild Chokecherry Bark – A drying, astringing expectorant for the respiratory tract for all ages.

For those pesky ear and throat problems that not only go with colds and flu symptoms, but with children in general, turn to Cedar Bear Naturales™ time proven essential oil blends. Nothing beats them for effectiveness.

Topical Use Essential Oil Blends:

- Throat•STAT!™ Essential Oil Blend – Gently deals with a wide variety of throat needs, as well as other skin problems. Has disinfecting, and antifungal action. Rub right onto the lymph nodes on the throat. May place a few drops in the back of the throat for direct contact.

- EAR•aid™ Essential Oil Blend – This proprietary blend of the essential oil of garlic with freshly wild-crafted mullein flowers brings down inner ear inflammations fast! While developed for the ears, it is effective for use on the skin anywhere on the body.

CURES FOR THE COMMON COUGH

The Importance of Coughs

There's more to a cough than meets the eye. A cough is the body's normal reaction to irritation in the throat, lungs, or bronchial tubes. All coughs are caused by the body trying to get rid of something in the respiratory system and upper body. They help expel mucus, foreign germs, environmental toxins and other irritating substances from the respiratory tract. Coughing can clear life-threatening obstructions from the airways. Chronic coughs definitely let us know that something is not right in the upper body, respiratory system or the environment.

Not All Coughs Are Created Equal

There are different types of coughs. Treating your child's cough incorrectly can be as troublesome as the original cause of the cough. That's why Cedar Bear Naturales™ created three different formulas for coughs.

- “Wet” Cough – Also called a “productive cough,” produces phlegm. Wet, phlegmy coughs are usually associated with a respiratory infection because the immune system creates the mucus to coat the invasive organism to expel it through coughing. When the phlegm is clear, it is usually associated with allergies or a viral infection. Yellow or green phlegm often means bacterial infection is present. Often a productive cough will go from producing one type of phlegm to the other.

For expectorant and drying action, Children's Wonderful Wild Cherry™ for Wet Coughs can't be beat. This formula is specifically developed for wet, productive coughs. It creates an expectorant action, helping the body be more productive in its coughing reflex, as it thins phlegm to help move the mucus out of the body more quickly and hence reduce persistent coughs of this type. (When conditions causing wet coughs are present, avoid mucus-promoting foods, especially all dairy foods.)

- “Dry” Cough – Associated with dry, irritated lung/bronchial tissues. Whether it is a simple tickle in the throat to deep, hacking coughs producing little or no mucus, the dry cough indicates irritation that needs soothing and moistening. The dry cough is very common with those who have allergies to pollens, dust or pets, have been exposed to environmental toxins and pollutions, and long-term smokers and those exposed to too much secondary smoke. Dry, tickly, hacking

coughs should not be given expectorant, phlegm drying remedies. That may only make them worse.

The founder of Cedar Bear Naturales™ introduced to the industry the first ever “dry cough” remedy many years ago for this type of cough. Children’s Magnificent Mullein™ for Dry Coughs is king of tissue moistening. This soothing formula aids in building healthy respiratory tissues.

- Constrictive Spasm Cough – Needs an opening action with herbs that increase tissue circulation while soothing and reducing oversensitive autoimmune responses. A chronic constrictive spasm cough may indicate an overactive immune system causing its own endotoxic (originating from within the body itself) allergic reactions and hypersensitivity to environmental conditions. It may be left over from a bout with a viral respiratory condition or environmental toxic exposure, or respiratory system tissue damage.

Children’s Breathe Easy™ has been soothing and opening restricted respiratory passages for years. Formulated to reduce allergic type reactions in the respiratory system, it disinfects, activates and opens respiratory tissues.

Note: If your child’s cough is resistant to these formulas and lasts over two weeks or produces blood at any time, take your child to see a primary health care giver.

SUPPORT FORMULAS:

- Children’s Liquid Throat Lozenge™ soothes and reduces irritation in the back of the throat, relieves throat tickles that cause cough spasms, astringes tissues.

- Throat•Stat!™ Essential Oil Blend is amazing at reducing lymphatic congestion and swelling when rubbed directly on lymph glands and contact germs when a few drops are placed in the back of the throat.

- Children’s Immune Booster™ helps the immune system bump into higher gear and works to clear out germs causing cold/flu symptoms.

- Children’s Cold Plus™ activates healing action and helps clear out symptoms fast.

- Children’s Antioxidant Berries Plus™ clears symptoms and supports health through antioxidant action. Very high in vitamin C factors.

- Fever Buster™ activates healing through heating and drying action. (Not recommended for children under 2 years old.)

- Lymphati•Cleanse™ clears lymphatic system of congestion, both chronic (long-term) and acute (short-term).

- Sinus•Relief™ dries sinus tissues and encourages drainage while building immune support.

SINGLE HERBS:

- Bayberry Root Bark – Dries and astringes the lymphatic system.
- Bupleurum – A cooling liver tonic herb from China that is known for helping to reduce chronic coughs and cold/flu symptoms.
- Lobelia – Relaxes the central nervous system and respiratory system, reduces dry, hacking and spastic coughs.
- Mullein Leaf – Moistens respiratory tissues to reduce dry coughs. Excellent for children.
- White Pine Bark – Has a drying, antiseptic and expectorant action that helps reduce coughs.
- White Willow Bark – Reduces fever and general headaches and pains.
- Wild Cherry Bark – Creates expectorant action to expel mucus, dries respiratory tissues and helps thin and reduce excess mucous.
- Yarrow Flower – Disinfects the upper respiratory system, breaks up congestion, and reduces inflammation.

- Chapter 7 -

Back to School!

Prepare Ahead for a Healthy School Year

For many families, the end of summer signals the beginning of back to school preparations. This period of time is more than just buying new sneakers and notebooks. Since going back to the classroom, daycare or office also brings close encounters with other people's sniffles and sneezes, preparations should also include building your children's (and your own) health and resistance to illness. Without being prepared, you and your children may fall sick at the mere suggestion of a sneeze.

Parents need to know that it isn't the "bugs" that cause illness. It's rundown resistance that does. Here are some tips to fend off the cold and flu "bugs" and to not allowing the fictitious "cold and flu season" to rule your home this winter.

Diet and Lifestyle Do's and Dont's

- Make sure everyone in your household is getting plenty of sleep. We used to call it "beauty sleep" but it's really "health sleep."
- Eat a rounded diet of fresh fruits, vegetables, whole grains and lean meats. Go organic whenever possible. With organic foods, you know that there won't be chemical residues on or in your food and that it hasn't been irradiated.
- Stay away from pops/carbonated drinks, fried fast foods, white flour/white sugar products. While tasty, they dramatically lower resistance to illnesses.
- Exercise and get fresh air regularly. To stay well when exposed to other people's germs, we all need regular exercise to enhance oxygen uptake in our bodies, toxin removal and the added energy that only exercise provides.

Herbal Formulas for Back to School Health:

- Daily Herbals™ Multi and CBN™ Herbal Minerals™ are daily use formulas that are major supports for building and maintaining health. Herbal Minerals™ is an all-natural source of major minerals that has all of the forms of calcium needed for growing bodies.

- Antioxidant Berries Plus™ gives that antioxidant punch that helps support immunity and overall energy for all ages. Made from 13 herbs and berries that are high in antioxidant action, this formula is a must that can be taken daily, along with Herbal Minerals™ for your one-a-day herbal health support.

- microBURST!™ is a specially formulated trace mineral supplement that goes right to the cells to strengthen and build health and energy. Only a few droppers full on a daily basis supplies the 70+ trace minerals our bodies need.

- When others are falling sick is the time to bring out Immune Booster™ to give the immune system the effective kick it needs to avoid coming down with whatever everyone else has, and to get better faster when the bug has bitten.

Overactive Behavior and Natural Solutions

Another back to school issue is overactive behavior and difficulty with focusing on tasks. Before reaching for the Ritalin™ (which is a stimulant medication), or other ADHD medications, follow the dietary and natural supplementation suggestions given in this guide. You just might be amazed at the positive results you get.

- A large portion of overactive behavior and difficulty in focusing comes from nutritional deficiencies and adrenal burnout. Children's Focus•H™, helps to provide the nutrients needed to tame certain overactive behaviors. Taken with CBN's™ BTC™ Focus and Calming™ energetic preparation, many children that have been "high wired" respond very well.

Vaccinations and Environmental Toxicity

Vaccinations are often another back to school event. The safety of vaccinations is a very controversial subject. Parents need to know that vaccines are made from chemicals that may cause health problems either immediately or down the road, either as sensitizing, allergenic or toxic agents. Many eminent and well informed physicians now recommended a parent ask for single immunizations at a time allowing for a week to pass before another is given and not allow a 'cocktail' multiple vaccination to be given. Also, make sure your child is well when given vaccinations. It makes no sense to further challenge an immune system that is already fighting off illnesses. Many problems associated with vaccinations can actually be traced to their exacerbating an already existing illness that was present at time vaccination was given, necessitating a delay in having the vaccination given until well after the illness passes.

To moderate the negative effects of vaccines and environmental toxins in our air, water and food supply, CBN™ has an important herbal formula –

Children's Enviro/Chem Detox™, and CBN's™ energetic based formula, BTC™
Chemical Detox•E™.

OVERACTIVITY, DISTRACTIBILITY & NATURAL SOLUTIONS

Natural Supports for Attention Focusing Problems and Overactivity

Stick and stones and puppy dog tails. That's what little boys are made of! So, what is it that puppy dog tails do? They never stop moving! And as for children, well, they never stop wiggling and giggling and exploring their world around them. Children (both boys and girls) are *supposed* to be active! They need to move, not sit all day like in a classroom or in front of the T.V. or video game machines and computers. Children, by nature, have short attention spans. The younger the child, the shorter the attention span.

Over the last twenty plus years, increasing pressures have been put on parents to medicate their children that are overly active, hard to handle, or have a hard time focusing on tasks. But rather than putting children on stimulant medication, then risk having to progress to other drugs to manage their children's behavior, parents need to look at other factors that may be causing or contributing to behavior problems.

Hyperactive behavior and difficulty with paying attention aren't necessarily genetic. Often, it's just a matter of correcting something in the diet or giving the right nutritional supplements. Sometimes something in the environment, family dynamics or schedules needs correcting. There has been a definite increase in both difficult behavior and attention problems over the last couple of decades. Veteran teachers that have been in the classroom for twenty years will tell you that problem behaviors has risen sharply in that period of time.

So, what are some of the factors that have contributed to this?

- Diet – General nutritional deficiency lies at the bottom of a great deal of behavior and attention problems. Here are some specific causes of nutritional deficiencies.

- Junk Food – White breads, pastas, pastries, prepackaged foods, carbonated pop and all kinds of "junk" food don't carry the minerals and vitamins that children need. The more junk food they eat, the more nutritionally starved they are.

- Not enough protein – Adequate protein in the diet helps to balance blood sugar levels. This contributes to more stable thinking and helps with mental focus.

- Sugar – The high amount of sugar that children eat causes blood sugar swings that make them overly active, unable to pay attention in school, and to aggressive behavior. Children that have eaten sweet treats tend to bounce off the walls far more than their peers that haven't eaten sugary treats.

- Food allergies – Many children with behavior and attention problems have leaky gut syndrome, which is caused by damage to the membranes of the small intestine that allows large molecules of partially digested material to pass into the blood stream. Licorice root and chamomile are two herbs that help repair intestinal tissues and reduce leaky gut.

- Aspartame, (Nutri-Sweet™), food colorings and food additives may increase these problems.

- Heavy metal poisoning. Mercury, lead, asbestos, poison the body and be hidden causes of ADD and ADHD as well as serious health problems.

- Lack of exercise. Couch potato kids don't get the exercise they need. This causes a lack of oxygen in their brains, poor metabolization of nutrients to fuel the body, making it harder for them to stay well and balanced in their behavior.

- Lack of sleep. Today's children are getting less sleep than previous generations. This effects their ability to concentrate and for the body to function properly and stay well.

- TV, video games, computers. These gadgets, gizmos and electronic babysitters may be breeding smarter kids, but they don't get to move around, and movement is what children need to keep their bodies healthy and growing. By sitting for long periods of time, focusing their attention on these devices, the children have energy explosions when they are freed from their fixation. Some children and adolescents actually develop a form of addiction to electronic devices, which manifest many of the cycles of behavior of obsession and withdrawal that substance abuse does.

- Emotional Issues. There are a lot of dynamics in today's families that children have to face. Stress and tension from school or home can contribute to these problems. Family issues and dynamics, fears of life and death, moving, family breakups and shifting relationships... The list of things that may bother a child and cause behavior difficulties are as wide and varied it is as for adults. Maybe even more so. Often simply recognizing and dealing with these issues can help bring behavior back into normal range.

- Dyslexia or other learning disabilities, especially when undiagnosed, can create also be part of the problem profile.

- Boredom. Face it, school is arranged so everyone can pass, so most of the kids are bored most of the time. That in-and-of itself causes children difficulty with keeping their attention.

- Adrenal weakness (low production of epinephrine and norepinephrine) causes imbalances in the body's ability to handle stress, creating hyperactive behavior.

- Vaccine and chemical toxicity can be a hidden cause of symptoms.

The bottom line for helping improve our children's behavior and mental focus? Feed children nutritious foods and supplements, get them off of sugar, junk foods, electronic babysitters and get them exercising!

A large portion of overactive behavior and difficulty in focusing comes from nutritional deficiencies, especially those affecting the adrenal glands and the nervous system. There are natural alternatives to helping a child stay on task and mentally focused. Many children that have been "high wired" (and adults as well), respond very well to improved diets and nutritional supplementation that provide the nutrients needed to tame certain overactive behaviors. So, before reaching for prescription stimulant medication to merely suppress behaviors, follow the dietary and natural supplementation suggestions given in this newsletter for natural and healthy solutions.

DIET AND LIFESTYLE

Make sure the adult or child is getting plenty of sleep. Lack of sleep causes crankiness and increases distractibility and off task and erratic overactive behavior.

Eat a rounded diet of fresh fruits, vegetables, whole grains and lean meats. Meats are very important for these individuals. Use organic foods whenever possible. They don't have toxic chemical residues and haven't been irradiated.

Stay away from pops/carbonated drinks, fried fast foods, white flour/white sugar products – especially those with food colorings. They can increase off task and hyperactive behavior because they dramatically lower necessary levels of vitamins and minerals and increase nerve agitating phosphate levels.

EXERCISE

Adults and Children, especially overactive adults and children, need regular exercise to enhance oxygen uptake in their bodies to aid in toxin removal and helps to balance energy levels. Disciplines like the Martial Arts and yoga are particularly effective for 'off task' and overactive adults/children, because they balance and focus energy, mental activity, and teach behavioral discipline and

boundaries. Swimming, bicycle riding, tennis, horse riding, skiing and snow boarding are excellent individual sports. Team sports such as soccer, basketball, football, and volleyball use energy and teach focus and teamwork.

Natural Supplementation For Off-Task & Overactive Behavior:

Daily supplementation of certain vitamins and minerals is essential for optimum health and balanced brain, nervous system, and endocrine system function.

- Children's Focus•H™ is the core product of this program. It contains herbs that are rich in adrenal sustaining components as well as helping to balance the autonomic nervous system and the HPA (hypothalamus/ pituitary/adrenal axis of the endocrine system. It should be taken between meals, 1 to 3 times a day, as needed. (See CBN™ Handout on Children's Focus•H™ for more information on this valuable formula.)

- Children's Daily Herbals™ Multi Formula is formulated to provide necessary broad spectrum minerals and naturally vitamins from whole herbs.

- Children's Antioxidant Berries Plus™ can be also be used every day to support healthy growing minds and bodies. Formulated to be high in ascorbates and full spectrum antioxidants, it nutritionally supports mental clarity and balanced energy.

- Children's Herbal Minerals™ is a daily use all-natural source of major minerals that has all of the forms of calcium needed for growing bodies. The nutrients in Herbal Minerals™ are a must for building and maintaining health.

- microBURST!™ is a specially formulated trace mineral supplement that goes right to the cells to strengthen and build health and energy. Only a few full droppers on a daily basis supplies the 70+ trace minerals our bodies need. Use in conjunction with Herbal Minerals™.

- BTC™ Focus & Calming•E™ is a powerful homeopathic-type energetic product that may be used a few moments prior to taking Children's Focus•H™, and as well as alone, as needed. It activates the energy centers and pathways to help the body receive the fullest benefits of Children's Focus•H™.

- Enviro/Chem Detox™ herbal formula and BTC™ Chemical Detox•E™ energetic formula give additional support when a child has had vaccines/inoculations, been exposed to chemical agents (especially food additives), or had prolonged environmental pollutants/toxins. These are factors that often negatively impact mental activity and well being.

- TincTract® of Licorice Root helps to rebuild depleted adrenal energy and balance blood sugar.

- TincTract® of Guarana' Seed possesses a naturally occurring free-caffeine that often relaxes overactive behavior. Take according to directions on bottle as needed in conjunction with BTC™ Focus & Calming•E. (If a child or adult exhibits increased hyperactivity and energy after taking Guarana' seed, then they may not have a diagnosable physiologically-based overactive problem.)

Note: If a child or adult exhibits cycling emotions, find a licensed physician or clinician who deals with this and similar conditions holistically. These types of 'clinical' conditions often require professional assistance.

- Chapter 9 -

Reducing Aches and Pains - Naturally

When it comes to children, aches and pains, bumps and bruises seems to go with the territory. Instead of reaching for synthetic over-the-counter pain blocking pills and sugary and/or alcohol-based syrups, turn to Mother Nature for healing remedies. Here are some Cedar Bear Naturales™ suggestions for reducing the discomfort in joints, muscles, and general pain relief.

- **Water Does a Body Good** – First of all, many of us, including children, don't drink enough water. Since we are mostly made up of water, about 70%, it makes sense that if we are dehydrated, then we will experience problems simply from being too dry. Think of trying to go down a waterslide that doesn't have any water going down it. You'll get stuck. That's what happens to metabolic wastes in the body when cells don't have enough water flowing through them. They get stuck and backed up and that is part of what creates pain in the body. So, when your child's head begins to throb or muscles or joints begin to ache, (especially when experiencing cold or flu symptoms), get him to drink a glass of water. Other fluids like soda pop, juices, and especially milk won't do the job. It has to be good ol' fashioned water!

- **Exercise is a Must!** – Exercising is a very important part of keeping joints and muscles in good health. Exercise moves oxygen and nutrients into the blood stream and cells and metabolic toxins out of the cells through the lymphatic system and elimination systems of the body. (And that includes sweating through the skin.) These days, children have to sit for many hours each day, which isn't how they were built. Kids need to move! So, turn off the electronic baby sitters and get your children outdoors. And yourself, while you're at it.

- **Watch for Food Sensitivities** – Many non-specific pain related problems, especially in children, actually stem from food allergies and sensitivities. Keeping track of the foods your child eats may help to pinpoint what foods may be triggering headaches, muscle and joint aches, sniffles and chronic congestion. It could be wheat/gluten, dairy, chocolate, high fats in general... Cedar Bear Naturales™ BTC™ Food Sensitivities/Allergies energetic formula helps reduce food related symptoms, including those from bad food combinations, when they crop up.

- **Reducing Stomach Problems and Pain** – Building the integrity of the digestive system helps in overcoming food sensitivities and stomach pain. When a child has digestive problems, Children's Digestive Build™ taken before meals on a regular basis for two to four weeks can help support and rebuild stomach and

small intestine function. Children's Tummy Ease™ reduces stomach distress from colic, gas and cramping stomachs and helps reduce further stomach problems by nutritionally supporting digestive tissues. Children's Calming Chamomile™ soothes cranky, irritable children and infants through settling the digestive and nervous system. Children's Tummy Settler calms nausea from acute illnesses, travel sickness, and other jumpy tummy upsets.

- Minerals Support Being Pain Free – The highly bio-available levels of calcium, magnesium and potassium in Children's Herbal Minerals™ and the broad spectrum antioxidants of Children's Antioxidant Berries Plus™ give a foundation for naturally occurring herb-based minerals and vitamins that help the body work better with fewer health problems, while the added trace minerals of microBURST!™ serves to complete the necessary building blocks for herbal support to health. Imagine, sailing through wintertime with fewer sniffles and fevers! These formulas help make that a reality.

- Pain Reducing Herbal Formula – For many general aches, Children's Pain Relief comes to the rescue as an all-natural whole herb product having a broad spectrum of constituents that are known to ease pain. White willow bark and meadowsweet are the herbs that aspirin was first developed from. High in pain relieving salicin, this formula gently soothes pain away without stomach upset. Anti-inflammatory and anodyne, this is a natural alternative to aspirin and acetaminaphin pills and syrups that actually supports health and helps reduce incidents of chronic pain with regular use when chronic pain is present and causes little or no stomach upset. (Note: Children with aspirin sensitivity or on blood thinners should not use this formula. Not recommended for children under one year of age.)

- Anti-inflammatory Needs – Because of various environmental and stress challenges to our children's immune systems, more children are experiencing joint problems at younger ages than ever before. For these children, Joint Ease™ can bring relief to inflamed, achy joints. With mineral rich and pain relieving herbs, Joint Ease™ was formulated for the daily relief of inflammation and pain in joints and muscles. Many pains in the joints of the body are caused by excess blood proteins gathering around the cells and creating a histamine reaction that causes inflammation and pain. It is an effective direct aid formula that is also a building formula when used over time to help reduce overall joint problems.

- Got bumps and bruises? For topical support, First Herbs for First Aid™ is an amazing formula that was developed to soothe aching muscles by bringing circulation to the surface with warming action of capsicum. Try applying it with rubbing alcohol and working it into the problem area. You'll be surprised at how effective it is. Bruises melt away, sprains and strains heal faster. Deep Relief herbal/essential oil balm is another pain relieving topical use product. It has a mild icy/hot action that soothes away pain and knots in muscles. (Note: These

formulas will sting when applied to open cuts and scrapes. Avoid contact with eyes.)

- Single herbs for Pain Reduction: Burdock Root—lymphatic cleansing herb that helps reduce joint inflammation. Chamomile Flower—helps reduce stomachaches and calm nerves, reduce teething pain. Clove Bud—topical use for teething and gum pain. Feverfew—reduces cluster-type headaches and joint pain. Ginger Root—reduces general headaches, joint pain, soothes stomachaches. Lobelia—excellent muscle/nervous system relaxant. Meadowsweet—reduces joint pain and fever. St. John's Wort—reduces tension and muscle/joint pain. White Willow Bark—reduces fever and general headaches and pains.

- Chapter 10 -

Overcoming Allergies

Do spring and early summer bring your child beautiful flowers, budding trees, and green grass – or sneezes, itchy eyes and a runny nose? Airborne pollens from flowers, trees and grasses can cause seasonal discomfort, commonly called hayfever, while molds, dusts and animal dander can also enter into the sniffles-and-sneezin’ picture throughout the year. Seasonal irritations and discomforts from airborne pollens occur when the particular pollens that a child reacts to are in the air. Generally, pollen counts from trees and grasses rise in the Spring and into Summer, and weed pollens blow in during the later Summer and Fall.

Reactions to airborne pollens can affect the mucous membranes of your child’s nose, eyes, and air passages. The discomfort of sneezing, weeping and tearing eyes, coughing, runny nose, postnasal drip, itching, irritated eyes, ears, nose and throat can also be accompanied by general fatigue, headaches, itching, and irritability.

Having a healthy immune system may allow a child to cope successfully with airborne particles, but when the immune system becomes imbalanced, exhausted through stress, chemical exposure, or illness, particles that normally may not affect a child can suddenly cause sniffle-and-sneeze discomfort.

Natural Suggestions to Reducing Discomfort from Sneezin’ Seasons

- When contact with the certain airborne particles (along with a weakened immune system) causes reactions, do your best reduce or eliminate your child’s exposure to them. Keep your house and car clean and closed, change the filters in your furnace/air conditioner often. Wearing long pants and long-sleeved shirts outdoors and changing clothes and showering after being outside, as pollen sticks to clothes and hair can help alot.

- Eat healthy foods and those that that are high in magnesium such as bananas, kidney beans, soybeans, almonds, lima beans, whole-wheat flour, brown rice, molasses, and peas.

- Stay away from white flour, white sugar treats, packaged or canned foods, soft drinks, milk and milk products, alcohol, and any junk food.

- Try eating locally produced bee pollen or honey every day for several months, Start with 1/8 teaspoon and work up to 1 tablespoon each day. (Do not try this remedy if you are allergic to bee stings or for children under one year of age.)
- Drink plenty of purified water each day.
- Begin taking herbal support several weeks before the beginning of the particular pollen season that irritates your child's body, and continue for at least two weeks after the end of the pollen season.

Herbal Supplement Supports:

Herbs can do a lot to strengthen the respiratory and immune systems and help to bring down the sniffles during your sneezin' season.

- Children's Breathe Easy™ balances fluids in the respiratory system and helps open and soothe irritated tissues.
- Herbal Minerals™ provides natural minerals and vitamins from whole herbs that support immune system function and overall health.
- Antioxidant Berries Plus™ is high in a broad spectrum of antioxidant vitamins from whole herb sources that support immune function and helps reduce frequency and intensity of reactions.
- Children's Sinus Relief™ has an antiseptic action that works on the sinus tissues. It also gently detoxifies the liver, helping to clear sinus congestion.
- microBURST!™ is CBN™'s proprietary trace mineral supplement with an essential oil Aromaceutical™ Blend that supports overall immune function.
- Children's Wonderful Wild Cherry™ for Wet Coughs soothes inflamed tissues.
- Children's Lymphati•Cleanse™ helps clear generalized congestion from the lymphatic system.
- BTC™ Energetic Formula Hay-fever/Pollen/Dust Allergies™ works with the energies of the body to gently encourage and support the immune system.

CBN™ Single Herb TincTracts®:

- Stinging Nettle Leaf – Has an anti-inflammatory action that may help reduce runny nose and general sinus congestion.
- Ginger Root – Soothes irritated tissues in the sinus/respiratory areas, as well as in the digestive system.

- Lobelia Flower – Soothes irritated, swollen tissues and supports and opens the bronchial passages.
- Licorice Root – Moisturizes and soothes tissues throughout the body, reduces inflammations and supports the immune system.
- Feverfew Leaf – Soothes hot tissues and generalized headaches.
- Chamomile Flower – Reduces intensity and duration of reactions to irritants.

Herbal Cleansing Health Support

We hear a lot about “cleansing” from those involved with natural health. It makes sense, but what does that really mean?

Think of a fresh spring, flowing freely. The water is clean and pure. Then, think of a stagnant pond. The water is murky and impure, even toxic. We need to keep the fluid dynamics in our bodies and our children’s bodies moving and clear like the fresh spring. Drinking plenty of fresh, pure water is a very important part of maintaining health, as well as eating quality, fresh food and getting plenty of fresh air and exercise.

So, how do herbs help? Herbs are nature’s way to support and restore normal and proper functioning of the body. Here are Cedar Bear Naturales™ formulas for specific cleansing needs to help our children’s bodies to function at their best. These products are formulated to bring about gentle cleanses and to not create harsh cleansing action that can rebound and interfere with a child’s health. Rather than flush nutrients from the body, these formulas are nutrient-rich to benefit health during cleansing action. If we keep our children’s internal functions properly clear, their overall health will be better.

- Children’s Digestive Build – Blood-purifying, digestive tract building, stimulates production of digestive enzymes. Builds digestive integrity and immune function.
- Herbal Blood Cleanser – An herbal formula for building and cleansing the blood. Has a conditioning effect on the blood and gentle cleansing effect on the gallbladder and liver. Helps clear up adolescent skin blemishes that are often caused by liver/blood impurity.
- Children’s Herbal Laxative – A gentle all-natural herbal laxative that relaxes and loosens the bowels and helps clear the digestive system when blocked.
- Children’s Lymphati-Cleanse – Clears lymphatic congestion and reduces lymph node swelling while clearing non-specific congestion from the body.
- Children’s Parasite Cleanse – Parasites are far a more common problem than we’d like to admit, whatever our age. No one likes to think of parasites in our children’s bodies, but periodic use of herbal parasite cleanse can help reduce such problems. A 100% herbal anti-parasite formula that neutralizes and expels parasites. Moderates the digestive system environment, allowing beneficial flora to flourish.

- Children's Enviro/Chem Detox™ – Helps clear toxins sequestered deeply in tissues. Gently flushes toxins without harsh cleansing effects. Works best when taken daily over a period of time. Good for weight loss support, overcoming environmental stresses.

- Children's Yeastie Beastie Buster™ – Candida albicans is a yeast that multiplies within the digestive system. When out of balance, it creates a great deal of difficulty with health. Candida imbalances are a common problem for children who have been on antibiotics, which target the beneficial flora of the digestive system as well as the bacteria they are supposed to go after. This formula helps clear out overgrowth of candida and restore the proper environment for intestinal flora to flourish.

- Chapter 12 -

Diet Dangers to Health - Food Poisoning

Natural Aids To Protect Your Family's Health

The CDC (Center for Disease Control) estimates that food borne disease causes 76 million illnesses, over 300,000 hospitalizations, and 5,000 deaths each year in the United States alone! Although most victims suffer only minor inconvenience from food poisoning (most cases of 24 hour “stomach flu” are actually caused by food poisoning), some of these diseases can be quite dramatic and even fatal.

Vegetables, nuts, fruits, meats, eggs... all have been implicated as being true health risks at some time or another. Most of the problems associated with these health risks are traced backed to residual pesticides/herbicides, chemical/antibiotics, and improper handling.

Ways to Protect Your Family's Health

- Grow your own organic food as much as possible. Buy locally grown from growers you know. Our society needs to get away from the giant food conglomerates that ship perishable foods world wide and return to a more localized economy – for our own safety and health!

- Buy whole cuts of meat and chop them yourself just before cooking. Never leave meats out; cook well done. Wash well before preparing, disinfect all surfaces and utensils before and after using.

- WASH! Wash hands before and after handling foods. Wash all vegetables and fruits in 1/4 cup white vinegar or 2 Tablespoons. Clorox® brand bleach in wash water. Meats can be washed in vinegar, too – just like grandmother used to do.

- Contact your Local Poison Control and qualified health professional whenever there is a suspected food poisoning incident in your family. Reports help authorities to trace contaminated food sources and keep better statistics of food supply caused poisonings, as well as being able to help you personally with a crisis.

Natural Helps for Food Poisoning:

- Apple cider vinegar tea – Sip 2 tablespoons in hot water the moment food poisoning is suspected.
- Don't hold it in! Nature's way of getting rid of something poisonous fast is through vomiting. Let your child throw up.
- Drink plenty of purified water and broths for the next 24-48 hours. Don't eat solid foods, unless bananas, rice, apples and dry toast. (Called the BRAT diet.) Avoid all dairy products, alcohol, citrus juices, and high-fiber foods during this time. Avoid meats for at least a week.
- Activated charcoal is a very effective remedy for toxicity in the digestive system. Open a couple of capsules, pour into water, and drink. Campfire charcoal can be used when out camping and stomach distress hits. Just crush it to powder and mix with water.

Herbs For Dealing With Suspected Food Poisoning:

- TincTract® of Lobelia – To induce vomiting, put 1/2 ounce in hot water and drink quickly. Repeat if necessary.
- TincTract® of Goldenseal Root – Take 1 tsp immediately and 2 droppers thereafter every four hours for 24 hours. (Caution: Do not take goldenseal for more than a week at a time. Those with autoimmune conditions must use with care. Do not use during pregnancy or for children under two. Consult a physician if you have had heart disease, glaucoma, a stroke, or high blood pressure.)
- BTC™ Food Sensitivities/Allergies – Many people have reported that this formula has done an amazing job at stopping food poisoning symptoms in their tracks.
- Parasite Cleanse, TincTracts® of Oregon Grape Root, Goldenseal Root, and Lavender Flower have a cleaning action on the digestive system. Dulse and Kelp are high in iodine, known to be antiseptic and bacteria unfriendly.

After a Food Poisoning Crisis:

- Herbal Formulas: Children's Digestive Build™, Children's Tummy Ease, Children's Tummy Settler, and Children's Calming Chamomile™ have a soothing effect on the digestive system.
- Single Herb TincTracts®: Licorice Root, Ginger Root, Catnip Leaf/Stem, Chamomile Flower, Mullein Leaf, Milk Thistle Seed.

- Chapter 13 -

Hormones, Hormones, Hormones!

Hormones aren't just about teenagers and their emotional drives. Endocrine system imbalances are important factors that are seldom explored when a child's or teenager's health is out of balance. Cedar Bear Naturales™ has formulated several endocrine balancing and supporting formulas that can be extremely helpful for your young person's health and well-being. Note: Any clinical endocrine system problems must be handled by the appropriate medical/health practitioner. These natural herbal formulas are intended to support health functions, and are not meant to replace medical treatment at any time.

- Adreno•Build™ – Many young people have problems with exhausted or imbalanced adrenal glands. Lack of energy, spikes of anxiousness, overactive behavior and difficulty with staying on task may all stem from adrenal gland imbalance. Adreno•Build™ was formulated to help support this important part of health.

- Female Plus – From the moment menses begins, many teenage girls have menstrual imbalance difficulties. Female Plus helps bring these into balance, helping to reduce menstrual and premenstrual discomforts and emotional issues.

- Gland•Aid™ – When the HPA Axis (Hypothalamus/Pituitary/Adrenal glands) of the endocrine system is not in balance, weight and/or growth issues (whether too much or too little) may be out of balance. Gland•Aid™ helps this balance with its unique herbal nutritional action.

- Pancre•Aid™ – Blood sugar/insulin imbalances may correct themselves with this pancreas supporting formula. (Clinical cases must be overseen by appropriate an medical practitioner.)

- Thyro•Calm™ – When anxiousness, difficulty sleeping, and being underweight are issues, a non-clinically overactive thyroid may be benefited with this formula. (Clinical hyperthyroid problems must be handled by appropriate medical practitioners.)

- Thyro•Boost™ – Underactive thyroid, causing cold hands, low energy, weight gain, frequent illnesses, may benefit greatly from this thyroid supporting formula that contains iodine rich herbs.

Pimples, Periods and Pouting – Natural Supports for Puberty

As a parent, you've survived pregnancy, infancy, terrible two's, toddlerhood, preschool, elementary school, and now your child has become a TEENAGER! The very word, along with another scary word, PUBERTY, strikes terror into the hearts of parents everywhere. Well, maybe not terror, but consternation and concern are certainly words that describe this time, along with hand wringing and worrying.

Teens and puberty go hand in hand, so to speak. That's when those ever-pesky hormones switch on and those cuddly little children of yesteryear enter young adulthood, with their reproductive systems becoming active and functional. Young women develop curves, young men gain lower voices. In the middle of many changes in their bodies, hormones swing and shift. (That's why they call them "raging" hormones.) Along with puberty come pimples, periods, and pouting. Yes, mood swings are more often than not a part of the picture.

How do we, as parents and caregivers help these new, unpredictable creatures called TEENAGERS?

Here are some natural health and supplemental suggestions from Cedar Bear Naturales™ for smoother sailing through the tumultuous teens.

Help your teen to eat well by having plenty of fresh fruit and veggies on hand. French Fry, Big Mac and Big Gulp diets increase nutritional deficiencies and contribute to emotional and physical imbalances, especially in the teenage years. Encourage your teens to also make time for sleep and exercise in their busy schedules, two very important items that teens are apt to skip out on.

Taming Emotional Swings:

Adolescence not only brings physical and intellectual changes, but conflicts and emotional difficulties while young people try to find balance in their lives. Puberty can be an emotionally painful and difficult time full of moodiness and confusion.

- Calming Chamomile™ has catnip, chamomile, and other relaxing herbs to help reduce tension and stress and settle uptight stomachs.
- Lavender Dreams™ helps calm and settle emotions and tense muscles, with lavender blossoms, hops, valerian and other nerve soothing herbs.

- Adreno•Build™ reduces adrenal exhaustion, common in hard driving teens, and helps with mental and behavioral focus.
- Energetic Anatomy™ has 12 energetic formulas that are very effective at balancing emotions, each blend dealing with a different emotional/physical center of the body.
- BTC™ Crisis/Stress Emergency Blend, and BTC™ Focus & Calming help reduce emotional blowouts and scattered thought patterns.

Teen Skin Care:

Skin changes also happen during puberty, and oily skin is common between 12 and 20. Skin blemishes are caused more by what is going on internally than externally.

Over washing and using hot water actually make skin problems worse. And despite what anyone might try to say to the contrary, diet is very important. Eating plenty of fresh vegetables, especially green vegetables is very important, as well as reducing fatty foods, especially dairy and animal fats. Reduce sugar, caffeine, alcohol, and junk foods and drink plenty of fluids. Sorry, soda pop is a no-no. Purified water with lemon juice added is the best, drinking up to 3-4 pints a day. Exercise helps the fluid dynamics of the body work better, which reduces skin problems. Stress causes more toxins to stay in the body and disturbs hormone balance, so stress reduction also helps complexion.

- Herbal Blood Cleanser has burdock root, dandelion root, and yellow dock, well-known herbs for clearing the liver/blood and reducing skin problems of all kinds.
- Kidney Calm & Cool™, with juniper berry, cleavers, dandelion leaf, cornsilk and shavegrass, helps when fluid dynamics need to be supported with a cooling, diuretic action.
- Immune Booster™ with echinacea, Oregon grape root, black walnut hulls lemon peel and thyme, has an antiseptic action and helps reduce inflammations in the skin.

Topical Skin Support:

- Herbs that can be used externally in a wash are Single TincTracts® of Comfrey, Calendula, Chickweed, and Lavender Flower. Take 2 droppersful of the herb, add 1 oz water and use as a wash on the skin.
- Comfort & Healing Balm with comfrey and calendula, used sparingly, is soothing and balancing to the skin.

- Essentially for Skin™ Essential Oil Blend and Lavender Antiseptical™ Essential Oil Blend can be used topically on the skin to reduce blemishes. And a couple of full droppers of either formula in a bath makes a soothing bath oil.

Balancing Menstrual Cycles:

For young women, the beginning of monthly periods, menstruation, is an important and inevitable development in a their lives. When periods begin, it is common for the cycles to be irregular. Within two years, the cycles regulate themselves. Before then, irregular periods are not to be worried about.

Emotional tension and stress can cause problems with menstruation, increasing discomforts and moodiness. An important key to trouble-free periods lies in a girl's positive attitude towards her emerging femininity.

When hormone imbalances arise, emotional moodiness, fatigue, and discomfort tend to arise. These problems can be reduced greatly with stress reduction, a quality diet, and nutritional supplements.

- Female Plus™ taken between periods for 2–3 weeks each month is an important herbal support for regulating and balancing young women's cycles.

- Herbal Minerals™, rich in calcium and major minerals, taken throughout the month, especially just before and during the period, helps reduce many menstrual problems.

- Female Toner, believe it or not, is an important formula for supporting menstrual cycles. The progesterone rich herbs in this formula that help tone and build the uterus during pregnancy also help to build healthy female reproductive tissues and function.

- Chapter 15 -

Weight Problems – Over and Under

Children and Teenagers are having more and more problems with weight issues than ever before. Besides eating right and exercising, here are herbal and energetic formulas that help correct these problems.

Underweight:

Endocrine Support – Gland•Aid™, Thyro•Calm™

Digestive Issues – Digestive Build, Calming Chamomile™, Parasite Cleanse

Emotional Issues – Calming Chamomile™, BTC™ Crisis/Stress Emergency Blend, BTC™ Focus & Calming, Emotional Anatomy™ Formulas

Overweight:

Endocrine Support – Thyro•Boost™, Gland•Aid™, Pancre•Aid™, Sugar Stop!™

Digestive Issues – Digestive Build, Herbal Blood Cleanser, Lively Liver Plus™

Lymphatic Issues – Lymphati•Cleanse™

Emotional Issues – Emotional Anatomy™ Formulas

Weight Loss Support – MetaBoost!™, Slim Now!™

Healthful Hints

- Encourage your child/teenager to drink plenty of plain, pure water evenly throughout the day. This not only helps to curb the appetite, but also helps to flush released toxins from the body that always occur from a weight loss regime. Get rid of or reduce intake of carbonated pop, sweetened drinks, milk, or coffee. Sweetened drinks cause the appetite to heighten and carbonated drinks, especially sugarless ones, cause the body to put on weight.

- If the child/teenager eats too much, give smaller portions per meal or don't serve up second helpings.

- Provide a variety of fresh fruits and vegetables each day. Organic meats, grains and vegetables are best if you can obtain them.
- Reduce fried foods, fast foods, pre-packaged foods, and transfatty acids that are in most baked goods.
- Use Sugar Stop™ under the tongue and let it sit there for a few moments before swallowing it, then continue with eating the lighter portion meal. If a snack craving hits at any time, put some Sugar Stop™ under the tongue and let it stand there for a time before swallowing it, followed up with a large glass of water.
- Take Digestive Build™ with meals. (Digestive enzyme supplementation with meals is also recommended.)
- Exercise! Regular exercise is necessary for any weight loss program to work for the long term.

- Chapter 16 -

Herbal First Aid Kit – Don't Leave Home Without it!

Centuries before Band-Aids were ever invented, there were herbs, and many of these herbs were used to successfully treat all kinds of injuries and wounds. It's great to know that we can still turn to the plant kingdom for relief of our bumps, bruises and various and sundry other ouches and boo-boos today. All we need is a little knowledge, old-fashioned ingenuity and some high-quality herbs.

Keep an herbal First Aid Kit with Cedar Bear Naturales™ products on hand so it can come to the rescue for all kinds of situations – naturally! And remember to pack your Cedar Bear products into a cosmetic-type travel bag to have them handy and take them with you wherever you go!

Balms to Soothe the Skin:

A balm, also called an 'herbal ointment,' is a soft, semi-solid ointment-like herbal preparation for soothing or healing skin conditions, sores, and other topical problems. Instead of reaching for non-natural ointments and creams that may contain antibiotics, petroleum by-products, chemicals and ingredients that you can't possibly pronounce, let alone recognize, turn to Mother Nature to treat those pesky problems on the skin.

Cedar Bear Naturales™ Topical Use Balms have been formulated from whole and pure ingredients that nature has provided. Containing only soothing and effective skin healing herbs, organic olive oil, natural chemical-free beeswax, and skin healing essential oil blends, these salves are as close to nature as you can get for general healing action for topical use. Added specific essential oils enhance the properties of the herbs in the salves. Essential oils, often known as aromatherapy oils, are the distilled volatile oils from plants that are so purified and concentrated that even tiny amounts can be very effective.

So, keep a few jars of Cedar Bear Naturales™' skin balms handy, because life is full of bumps, scrapes, scratches, itches, and ouches. Directions for Use: Apply to affected areas as needed.

- Antiseptic/Closing Balm – This herbal salve supports the healing of a wide variety of problems from minor injuries and skin problems. It is especially strong in antiseptic and antibacterial constituents and aids in speeding healing.

- Antifungal Balm – Fights topical fungal and yeast infections on skin surfaces. Especially beneficial for yeast based diaper rashes, prickly heat rashes, under the arms and on the feet.

- Comfort & Healing Balm – This wonderful combination of comfrey and calendula blossoms, along with the special CBN™ Aromaceutical™ Blend can't be beat for an overall skin healing agents. It moisturizes the skin and benefits many kinds of skin conditions including scrapes, sprains, bruises, insect bites and sunburns. Great for diaper rash, cradle cap, heat rash, rough, dry skin, bumps and bruises.

- Deep Relief Balm – Cayenne and menthol team up with other herbs and essential oils for an effective herbal/essential oil pain relieving topical use balm.

Essential Oil Blends for First Aid:

- Lavender Antiseptical™ – Contains a proprietary blend of essential oils in an organic olive oil base that are wonderfully antiseptic. A topical use formula that soothes and heals various skin conditions, this blend can be used for minor burns, scrapes and insect bites, dry and irritated skin, fungal problems, and non-specific ear inflammations. As an aromatherapy aid, Lavender Antiseptical™ EO Blend also relaxes tension, relieves anxiety, lifts mood and clears the mind. A drop or two on the hands can help to naturally protect against infections, while at the same time bringing relaxation and helping to reduce stress.

- Throat•STAT!™ EO Blend – An effective topical use essential oil blend in an olive oil base that is especially suited for dealing with all kinds of sore throats. Rub on the neck and lymph nodes, and if necessary, place a few drops in the back of the throat. Throat•STAT!™ EO Blend has a strong disinfecting action and is also effective for sores and lesions. Also relieves headaches when rubbed on the neck and temples.

First Aid Herbal Formulas:

- First Herbs for First Aid™ – Activates the healing process for all kinds of first aid needs. Use topically on minor cuts, bruises and abrasions for reducing pain and inflammations and for healthy healing of those damaged tissues. For muscle strain and pain, do the following: Liberally apply First Herbs to the affected muscles, massage the area, gently rubbing First Herbs into the skin, then apply rubbing alcohol and continue massaging to take it deeper into the tissues. Although primarily formulated for external use, First Herbs is a powerful 'crisis' formula for releasing the effects of severe shock, stress, or acute illness. This is due to the very effective relaxing herbs that are in First Herbs. (Taking care to

remember the capsicum in this formula makes it very hot. Do not rub eyes with hands that have the formula on them.)

- **Fever Buster™** – This formula is a strongly activating direct aid that is specifically formulated for breaking fevers and clearing cold and flu-type symptoms from the body. It opens the elimination channels of the body and helps to relieve sore throats, stomach distress, diarrhea, vomiting, and chills. Also contains capsicum. Avoid contact with eyes.

- **Children’s Pain Away Willow Plus™** – The herbs in these formulas help differing types of pain such as non-specific joint pain, muscle aches and vaso-constrictive headaches.

- **Children’s Tummy Ease** –These formulas use a combination of gentle herbs to soothe and relax the digestive tract, reduce gas, bloating and indigestion, and are wonderfully calming to a colicky baby’s stomach as well as an older people’s stomachaches. Great for the post-picnic belly wackers.

- **Children’s Tummy Settler** – With ginger, peppermint and fennel, this formula settles the tummy fast. An excellent formula for reducing travel sickness and settling upset stomachs and morning sickness. Another stomach settler is TincTract® of Ginger Root.

BTC™ Products to the Rescue!:

(BTC™ Stands for “Biologically Targeted and Coherent”, a homeopathic-like action.)

- **BTC™ Crisis/Stress Emergency Blend™** – acts to help the body calm its nerves and handle stress in even the most serious crisis/traumatic situations!

- **BTC™ Hayfever/Pollen/Dust Allergies™** – Specifically created to help the immune system balance out non-specific pollen and dust reactions.

- **BTC™ Food Sensitivities/Allergies** – Supports the body’s normal immune action to bring down non-specific food allergy reactions.

Trace Minerals:

- **microBURST!™ Liquid Trace Minerals** – When the body has the trace minerals it needs, it will combat foreign invading germs more effectively and have more energy. Use microBURST!™ daily to fortify whatever herbal regime you are following and to increase effectiveness of first aid treatments. Use microBURST!™ topically to help with skin irritations and sunburns.

- Chapter 17 -

Hectic Holidays and Beating Winter Blues

The added activities of holiday seasons can add stress and trigger problems for children and teenagers alike. Here are some suggestions from Cedar Bear Naturals™ to help you sail through holidays without undue stress and strain.

Reducing Winter Blues

Wintertime brings shortened hours of daylight, and most of our children spend their time indoors, hardly glimpsing the sun. This causes mood changes that vary anywhere from feeling slightly down-in-the-dumps to serious Seasonal Affective Disorder (SAD) and deep depression.

- Try to get your child outdoors in the daylight hours as often as possible. Keep up an exercise program, even in the winter.
- Eat a diet that is high in Vitamins A and C. Winter squashes, leafy green vegetables and citrus fruits help the body to adjust and stay balanced through the winter.
- Reduce access to junk foods, sweets, and treats. They tend to increase and complicate weight, mood and health problems. It may not be easy to resist all of those holiday treats, but if you keep the serving sizes and amounts minimal, your child can feel “treated” without losing balance and causing weight gain and bad health and emotional swings.

Herbal and Product Helps:

- Sugar Stop!™ – A formula that helps reduce sugar cravings and balance blood sugar levels.
- Children’s Calming Chamomile™ is formulated to soothe nerves and relax tensions, is especially beneficial for stomach distress. These formulas contain chamomile, catnip, passion flower, spearmint, rose petals, hops, shavegrass and a special CBN™aromaceutical blend that serves to enhance the calming effects and digestive benefits of the formula.
- Children’s Lavender Dreams™ is formulated to relax the body through the muscles and to calm nerves. (Note: Some children with ADHD may find these calming herbs to be stimulating instead of relaxing. If this is the case, use Children’s Focus•H™ and BTC™ Focus & Calming energetic blend.)

- TincTract™ of Stevia can sweeten many a drink or dish without the damaging effects of sugar. Stevia is an herb that is many times sweeter than sugar and it actually helps the body process sugars better!

- Single herbs that help battle “the winter blues” are St. John’s Wort, Kava Kava, Lobelia and Chamomile. St. John’s Wort helps to lift mood. (Note: St. John’s Wort is not meant to handle severe depression, which should be treated by a qualified health provider). Kava Kava relaxes tension in the muscles and emotions, helping to bring an easier feeling to life. Lobelia relaxes the central nervous system, especially the respiratory tract and calms nerves. Chamomile is a sunny flower that calms and soothes raw nerves and tense stomachs.

- Tantrum Away!™ BTC™ energetic formula – Helps calm anxiousness, irritability, stress, and cranky behavior.

- Focus & Calming BTC™ energetic formula – Helps focus scattered mental and physical behavior.

- Appendix -

Cedar Bear Naturales™ Children's Products

Children's Adreno•Build™ – Provides nutrients that support adrenal function.

Helps relieve anxiousness, calm nerves. Contains: Astragalus root, wood betony leaf/stem/flower, ginkgo leaf, eleuthero root, gotu kola leaf/flower, licorice root, English lavender flower, spearmint leaf, passionflower leaf, *mB!*™ LTM's.*

Children's Antioxidant Berries Plus™ – This popular daily tonic for children

contains herbs and berries that are rich in ascorbates, flavonoids, free radical scavengers and immune building agents that help a child to overcome and avoid sniffles and sneezes. Helps growing bodies develop healthier immune systems and protects cells from free radicals and environmental pollutants. This formula can be used every day as a broad spectrum antioxidant supplement and becomes an important part of a child's daily herbal vitamin and mineral health support, especially when taken with CBN™ Herbal Minerals™ or Children's Daily Herbals™ Multi. And it tastes great! Contains: European elderberry, lycium berry (goji berry), rose hip, hawthorn berry, green tea leaf, schisandra berry, ginkgo leaf, milk thistle seed, bilberry fruit, tart cherry fruit, European elder flower, hawthorn leaf, rose flower, *mB!*™ LTM's.*

Children's Auto-Immune Nectar™ – Adaptogenic herbs gently help a child's

body adapt to immune system stressors. Supports and builds the immune system. The immune system's job is to decide what is part of the body (self) and what is not part of the body (not self), and to react accordingly. When the immune system becomes confused, it goes out of balance. While in past generations autoimmune conditions were generally found primarily in adults, children are now developing immune system problems. Children's Auto-Immune Nectar™ was developed to build health without stimulating already overactive immune systems. It is helpful for those that should avoid traditional immune stimulating herbs such as echinacea, goldenseal, black walnut hulls, etc., and need herbs that are cooling and toning (building) to the immune system. Contains: Schisandra berry, eleuthero root, gotu kola leaf/flower, ashwagandha root, ginkgo leaf, spearmint leaf, oatstraw leaf/stem, licorice root, *mB!*™ LTM's.*

Children's Breathe Easy™ – When it's hard for your child to breathe, reach for

Breathe Easy™. This formula assists children's bronchial passages, and strengthens and supports the natural fluid balancing function of the respiratory system. The herbs and the Aromaceutical™ Blend in Children's

Breathe Easy™ have an immune activating action and help to counter reactions to naturally occurring seasonal irritants such as pollen, dust, and airborne environmental pollutants. Contains: Eyebright leaf/stem/flower, stinging nettle leaf/stem, European elder berry, chamomile flower, feverfew leaf/stem/flower, hawthorn berry, sweet goldenrod leaf/flower, lemon peel, *mB!™ LTM's** and a respiratory supporting Aromaceutical™ Blend.

Children's Calming Chamomile™ – Chamomile has been called the "settle down herb." Cedar Bear Naturales™ Children's Calming Chamomile™ calms nerves and settles colicky, upset tummies in a gentle manner. This formula is relaxing and calming, and taken at bedtime in a cup of warm water, it can help soothe a fussy child to sleep. You might say it's our version of a children's nighttime toddy – alcohol-free of course! Note: Although uncommon, this formula may stimulate some hyperactive children instead of calming them. Contains: Chamomile flower, catnip leaf/stem, passionflower leaf, spearmint leaf, rose flower, hops strobile, horsetail leaf/stem, *mB!™ LTM's** and a relaxing Aromaceutical™ Blend.

Children's Cold Plus™ – This is a fantastic product! Formulated specifically for children as a first defense to work with a child's unique respiratory needs to gently activate the immune response of the body, assist digestive and liver function and to generally help the body deal with seasonal immune challenges more quickly. At the first sign of sniffles, drowsiness, red and glazed eyes or just, "Mommy, I don't feel good," give your child Children's Cold Plus. Be sure they also drink plenty of water with it. Contains: Yarrow flower, peppermint leaf, European elder flower, lemon balm leaf, chamomile flower, *mB!™ LTM's** and a unique Aromaceutical™ Blend.

Children's Daily Herbals™ Multi – Rich in necessary minerals, naturally occurring vitamin precursors and trace minerals to help develop strong bodies and optimal health. Contains: Stinging nettle leaf, lycium berry (goji berry), alfalfa leaf, European elder berry, fenugreek seed, rose hip, raspberry leaf, dandelion root, bilberry, kelp, burdock root, marshmallow root, horsetail leaf/stem, chamomile flower, plantain leaf, parsley leaf, shepherd's purse leaf/stem/flower, dill leaf/stem, *mB!™ LTM's**

Children's Digestive Build – Many health problems begin with a weak digestive system, even in children. This formula stimulates the digestive juices and helps build digestive tract integrity, actions that benefit both the digestion of foods and effective, sustained immune responses. This formula has blood-purifying action that is extremely gentle on the liver. Children's Digestive Build™ is an excellent cleansing "Spring Tonic" best used for 2 to 4 weeks straight. It also has mild anti-parasite qualities. (Use CBN™ Parasite Cleanse formula to directly deal with parasite conditions.)

Contains: Sarsaparilla root, burdock root, dandelion root, calendula flower, beet root, Oregon grape root, lemon peel, anise seed, *mB!*TM LTM's* and a tonic-based AromaceuticalTM Blend.

Children's Enviro/Chem DetoxTM – Unfortunately, children often experience various levels of toxic exposures from their environment through things they touch, breath, and eat. Also, there are toxic residues from vaccines that can negatively affect a child's immune system over time. Children's Vaccine Detox•HTM is a long-term daily tonic approach to clearing toxins and chemical byproducts from the body. It gently flushes sequestered toxins while avoiding the harsh cleansing effects that often accompany typical detoxification cleanses. (In cases of poisons and toxic exposure, call your Poison Control Center and get professional help immediately.) Contains: Sarsaparilla root, European elder berry, chicory root, milk thistle seed, lemon peel, sweet goldenrod leaf/stem/flower, black walnut hull, burdock root, sage leaf, yellow dock root, yarrow flower, chaparral leaf/stem, usnea lichen, goldenseal root, *mB!*TM LTM's.*

Children's First Herbs for First AidTM – A topical use herbal first aid formula for bruises, sprains, temporary joint and muscle pain relief, general sports injuries. Contains: Lobelia leaf/stem/flower, capsicum fruit, prickly ash bark, black cohosh root, blue vervain leaf, *mB!*TM LTM's.*

Children's Focus•HTM – When children are “bouncing off the walls,” having a hard time in school or at home, or seem highly distracted, they may need some specific nutritional support to bring them to center. The special combination of herbs in Children's Focus•HTM improves functions such as memory, mental focus, relieves anxiousness, calms nerves, rejuvenates the nervous system and is helpful for reducing overactive behavior. Supports and builds the adrenal glands, which are easily exhausted in overactive individuals. Contains: Astragalus root, ginkgo leaf, wood betony lf/stem/flower, eleuthero root, licorice root, gotu kola leaf/flower, spearmint leaf, English lavender flower, passionflower leaf, *mB!*TM LTM's.*

Children's Gland•AidTM – Supports the endocrine system's hypothalamus, pituitary, and adrenal glands (HPA axis) to build immunity, balance growth hormone factors, and encourage mineral utilization. Contains: Barley shoot, ashwagandha root, stinging nettle leaf, asparagus tuber, schisandra berry, wild bergamot bee balm leaf/stem/flower, chicory root, oatstraw leaf/stem, elecampane root, stinging nettle root, *mB!*TM LTM's.*

Children's Herbal IronTM – Highly bio-available formula that is rich in naturally occurring iron factors and is gentle on young stomachs. Contains: Stinging nettle leaf, red beet root, gotu kola leaf/flower, couch grass rhizome, watercress leaf/flower, parsley leaf, yellow dock root, mullein leaf, burdock root, *mB!*TM LTM's.*

Children's Herbal Laxative – When children become constipated, laxative action to clean the bowels is often necessary. It is important to note that the cause of some health and behavioral problems in children can actually be traced to bowel blockage. The particular combination of herbs used in this formula is high in mineral and digestive aids and relaxes and loosens the bowels while the alcohol-free glycerin-based TincTract® enhances the herbs' benefit in the body. CBN™ Children's Herbal Laxative has a gentle and sustained laxative action and unlike many herbal laxatives, it tastes good! Contains: European elder berry, catnip leaf/stem, licorice root, senna leaf, cascara sagrada bark, black walnut hull, fennel seed, anise seed, *mB!*™ LTM's* and a special Aromaceutical™ Blend.

Children's Herbal Minerals™ – Many health problems begin with mineral and vitamin deficiencies. This formula is the all-natural herbal solution for daily mineral and threshold vitamin replenishment. Herbal Minerals™ has no sugars or artificial ingredients of any kind and is one of the richest herbal sources of easily assimilated calcium that is essential to overall health, as well as magnesium, potassium, silicon, manganese, chromium, zinc and many other additional minerals and threshold amounts of vitamins for building and maintaining general immunity, vitality, energy and healthy tissues. Herbal Minerals™ also helps rebuild and balance the stomach's delicate pH buffering system (especially when used in conjunction with Children's Digestive Build™). Contains: Alfalfa leaf, stinging nettle leaf, oatstraw leaf/stem, horsetail leaf/stem, raspberry leaf, yarrow flower, peppermint leaf, chamomile flower, dill weed leaf, *mB!*™ LTM's.*

Children's Immune Booster – An immune system activator that nutritionally supports and stimulates systemic and respiratory immune response. In addition to the immune-stimulating action that echinacea and Oregon grape root give this formula, the combination of other herbs in Children's Immune Booster™ also support the digestive system (1st line of immune defense), the liver and gallbladder (2nd line of immune defense), and the lymphatic system (3rd line of immune defense) and aids in reestablishing the pH buffering system of the stomach. This formula is especially effective at preventing illness if taken when an immune challenge is suspected or imminent before symptoms have a chance to take hold. Great for the whole family to take when everyone is in need of strengthening their immune responses. Contains: Echinacea purpurea root, Oregon grape root, black walnut hull, thyme leaf, lemon peel, *mB!*™ LTM's* and an immune enhancing Aromaceutical™ Blend.

Children's Kidney Calm & Cool™ – A valuable formula for hot, irritable or over-stimulated kidneys and urinary systems. It helps to balance kidney/bladder function and supports proper fluid dynamics throughout the body. The combination of herbs in Children's Kidney Calm & Cool™

helps to reduce kidney and bladder irritations and gently builds and sustains kidney/urinary functions without being irritating or stressing. Contains: Juniper berry, dandelion leaf, cleavers leaf/stem/flower, cornsilk, horsetail leaf/stem, *mB!*TM LTM's* and a special AromaceuticalTM Blend.

Children's Lavender DreamsTM – A calming nervine formula for gently soothing the central nervous system and relaxing muscle tension. This formula is also very calming and soothing to the digestive system (often a contributor to anxiousness, nervousness and muscle tension). Use during the day can help to calm some overactive behavior, muscle tension and muscle pain, nervousness and anxiousness, while in the evening it can help a child relax and get to sleep. Contains: English lavender flower, hops strobile, skullcap leaf/stem/flower, valerian root, passionflower leaf, schisandra berry, anise seed, licorice root, *mB!*TM LTM's* and a nervine-relaxing AromaceuticalTM Blend.

Children's Liquid Throat Lozenge – Sore throats aren't any fun for tiny tots, toddlers and on-the-go kids. When a child's throat hurts, it's no wonder he or she becomes fussy, irritable, and downright cranky. This unique product is a whole herb formula for soothing and clearing the throat in an easy-to-use spray bottle. This gently soothing formula for oral and throat tissues is made with herbs that are rich in Vitamin C flavonoids, mineral electrolytes, and complex aromatic compounds that soothe and heal tender tissues in the mouth and throat. Children's Liquid Throat LozengeTM is totally sugar-free, dye-free, alcohol-free and corn syrup-free – the first of its kind! And, it tastes so good that children open wide for a spray of their herbal relief. Contains: Green tea leaf, lemon peel, orange peel, West Indian lemongrass leaf, calendula flower, horehound leaf/stem/flower, *mB!*TM LTM's* and a soothing AromaceuticalTM Blend.

Children's Lively Liver PlusTM – A liver protecting tonic that gently and effectively supports the rebuilding of damaged liver tissues. Contains: Milk thistle seed, schisandra berry, calendula flower, reishi mushroom, usnea lichen, *mB!*TM LTM's.*

Children's Lymphati•CleanseTM – The lymphatic system is the “great ocean of the body.” Lymphatic fluids flow through all cells and remove toxins from them to be expelled from the body. The lymph glands are a major part of the immune systems' function. Children's Lymphati•CleanseTM is lymph clearing and immune enhancing. It acts to decongest the lymphatic system. Contains: Red root bark, echinacea purpurea root, European elder berry, yarrow flower, blue vervain leaf, thyme leaf, myrrh oleo-gum-resin, *mB!*TM LTM's* and a special lymph-enhancing AromaceuticalTM Blend.

Children's Magnificent MulleinTM for Dry Coughs – Specifically for dry cough and dry chronic respiratory problems, this formula moisturizes and soothes

irritated respiratory tract tissues. This original lung moistening formula has an exclusive CBN™ aromaceutical blend to strengthen the effects of the herbs. It is especially useful in dry, arid climates and where forced air heating or air conditioning are used. Magnificent Mullein™ for Dry Coughs is also high in ascorbates, antioxidants and respiratory-building mineral electrolytes. Contains: Mullein leaf, marshmallow root, angelica root, calendula flower, orange peel, European elder berry, *mB!™ LTM's** and a soothing respiratory-based Aromaceutical™ Blend.

Children's Pain Away Willow Plus™ – Aids in naturally relieving aches and pains associated with general muscular activity and stress. It is anti-inflammatory, anodyne. This particular formula is cooling and calming, and developed for little or no stomach upset. Contains: Meadowsweet leaf, wild lettuce leaf, white willow bark, gelsemium root, *mB!™ LTM's**

Children's Pancre•Aid™ – More children than ever before are developing problems with pancreatic function. CBN™ Children's Pancre•Aid™ is formulated primarily to deal with enriching and building pancreatic function, with a secondary diuretic/kidney building effect. CBN™ Children's Pancre•Aid™ supports the kidneys and urinary tract, both important to a healthy pancreas. The herbs in this formula also boost immune responses in the kidneys and urinary tract. This formula is also helpful for reducing bedwetting problems. Contains: Utah juniper berry/leaf, fenugreek seed, lycium berry (goji berry), dandelion root, burdock root, uva-ursi leaf, alfalfa leaf, juniper berry, European elder berry, *mB!™ LTM's**

Children's Parasite Cleanse – CBN™ 100% herbs only Children's Parasite Cleanse helps to neutralize and expel unwanted parasites and has a stimulating digestive action that naturally moderates the environment (biological terrain) of the digestive system, thereby allowing beneficial flora to flourish that in turn discourages parasite activity. It also contains a special CBN™ aromaceutical blend that is specifically targeted to parasite activity. Contains: Black walnut hull, orange peel, English lavender flower, European pennyroyal lf/stm/flower, clove bud, gentian root, wormwood lf/stm, tansy lf/stm/flower, *mB!™ LTM's** and a special Aromaceutical™ Blend. Note: Not to be used by children experiencing autoimmune conditions, or when diarrhea is present.

Children's Sinus Relief – Quickly relieves sinus swelling, stimulates lymphatic drainage, dries and clears mucous discharges and strengthens the body's defenses. Contains: Fenugreek seed, astragalus root, thyme leaf, schisandra berry, bayberry root bark, *mB!™ LTM's** and a special Aromaceutical™ Blend

Children's Sugar Stop! – Contains an herb that actually makes sugar tasteless! Sugar Stop™ helps to balance blood sugar levels and glandular function while building the health and strength of the pancreas. It can be used as an aid for children with diabetes. This formula helps to curb sugar cravings, and is an effective aid for weight loss programs and to balance hyperactive behavior driven by blood sugar swings. Drink plenty of water when taking Children's Sugar Stop™. Sweet cravings are often caused by dehydration in the bloodstream, even when there are excess fluids in the body outside the bloodstream. Contains: Gymnema leaf, licorice root, dandelion root, burdock root, stevia leaf, eleuthero root, *mB!™ LTM's** and a special Aromaceutical™ Blend.

Children's Tummy Ease – A uniquely effective formula that reduces gas, bloating and general indigestion. A combination of gentle herbs to soothe and relax the digestive tract, it supports proper stomach acid balance and helps to reduce frequency and intensity of stomach distress in children of all ages. Contains: Catnip leaf/stem, fennel seed, meadowsweet leaf, *mB!™ LTM's** and a special anti-flatulence Aromaceutical™ Blend.

Children's Tummy Soother – Stomach soother that reduces nausea, motions sickness, and gas. Contains: Ginger root, peppermint leaf, fennel seed, *mB!™ LTM's**

Children's Wonderful Wild Cherry™ for Wet Coughs – The herbs in CBN™ Children's Wonderful Wild Cherry™ for Wet Coughs work together to effectively cool and soothe respiratory tissues as they help to remove excess mucus and congestion. This formula contains gentle expectorant qualities to help clear congestion and phlegm, especially when there are acute wet coughs and wet respiratory congestion. A sugar/alcohol-free alternative to drug store-type cough syrups. This formula can be effectively used along with Children's Cold Plus™ by alternating between the two when a fever-crisis accompanies acute wet coughs. Contains: Chokecherry bark, white pine bark, European elder berry, spikenard root, elecampane root, licorice root, cinnamon bark, *mB!™ LTM's**

Children's Yeastie Beastie Buster™ – Infants and children often have yeast imbalances both on the skin and in the digestive tract. Yeasts are a normal part of our biological makeup, but they often get out of balance for numerous reasons, one of which is when antibiotics have been taken. Can be used both internally and topically. Contains: Pau d'arco bark, echinacea angustifolia root, usnea lichen, reishi mushroom, thyme leaf, *mB!™ LTM's** and a special Aromaceutical™ Blend.

Additional Health Aids

Topical Use Products

Essential Oil Blends:

Essential oils are the distilled volatile oils from plants that are so purified and concentrated that even tiny amounts can be very effective. The essential oils used in these products are premium grade and are cut with organic olive oil to just the right proportions so they can conveniently be used right out of the bottle.

EAR-Aid™ – A topical use blend of herbs and essential oils for the ears. This proprietary blend of the essential oil of garlic with freshly wild-crafted mullein flowers brings down ear inflammations. Also effective for use on the skin anywhere on the body. Contains: A proprietary Aromaceutical™ Blend of St. John's wort lf/stm/flower, fresh mullein flower, and essential oil of garlic in an olive oil base.

Lavender Antiseptical™ – A soothing essential oil healing blend for the skin. Soothes skin conditions such as minor burns, wounds, insect bites, dry, irritated skin, and ear inflammations. As an aromatherapy aid, it relaxes tension, relieves anxiety, lifts mood and clears the mind. Disinfects the skin where applied. Makes a great bath oil. Contains: A proprietary Aromaceutical™ Blend of essential oils of lavender, cajeput, lemon star, lemon Italian, and white thyme in an olive oil base.

Throat•Stat!™ – Essential oil blend for lymph nodes and throat. Gently deals with a wide variety of throat needs, as well as other skin problems. Has a disinfecting action that is effective for most throat conditions. Rub on lymph nodes on the throat and neck. May place a few drops in the back of the throat, hold for a few moments before washing down with water. Contains: A proprietary Aromaceutical™ Blend of essential oils of cajeput, lavender, lemon star, lemon Italian, clove, myrrh, and chamomile (bleu) in an olive oil base.

Balms (Herbal Ointments):

Cedar Bear Naturales™ herbal balms have been formulated from whole and pure ingredients that nature has provided. Containing only soothing and effective herbs, organic olive oil, natural chemical-free beeswax, and skin healing essential oil blends, these balms are as close to nature as you can get for general healing action for topical use. Cedar Bear Naturales™ herbal balms absorb well into the skin and are not sticky.

Anti-Fungal Balm – For fighting fungal and yeast problems on skin surfaces. Antiseptic and healing in action. Contains: Pau d'Arco bark, chaparral leaf, lavender flower, calendula flower, and yohimbe bark with a special antiseptic Aromaceutical™ Blend of essential oils of bergamot, geranium, sandalwood and peppermint in an olive oil/beeswax base.

Antiseptic/Closing Balm – Supports the healing of a wide variety of minor conditions and skin problems. Especially strong in antiseptic and antibacterial constituents and aids in speeding the healing of burns, cuts, scrapes, bruises, blisters, skin rashes, insect bites, and minor sunburn. Contains: Myrrh oleo-gum-resin, calendula flower, sunflower flower, lavender flower, goldenseal root, and clove bud with a special antibacterial and healing Aromaceutical™ Blend of essential oils of cedar, patchouli, geranium, and sandalwood in an olive oil/beeswax base.

Comfort & Healing Balm – This wonderful combination of comfrey leaf and calendula flower, along with its own special Aromaceutical™ Blend can't be beat for an overall skin healing agent. Great for rashes and smoothing rough, dry skin, bumps and bruises. Contains: Comfrey leaf and calendula flower with a special Aromaceutical™ Blend of essential oils of cajeput, peppermint, and lemon star in an olive oil/beeswax base.

Deep Relief Topical Balm – Brings quick circulation stimulation and helps to reduce swelling and spasms. Contains herbs and essential oils that have subtle icy (menthol and peppermint essential oil) and hot (capsicum, prickly ash bark) properties that are perfectly balanced to be gentle as well as effective for temporary relief from joint and muscle aches and pains and for use in first aid situations with bruises, sprains and general sports injuries. Contains: Lobelia lf/stm/flwr, capsicum fruit, prickly ash bark, black cohosh root, blue vervain leaf/stem/flower, in a base of olive oil and beeswax with a special Aromaceutical™ Essential Oil blend of lavender, peppermint, cassia, wintergreen (from birch), eucalyptus, natural menthol crystals, red thyme, and white thyme in an olive oil/beeswax base.

BTC™ Energetic Products:

The BTC™ (Biologically Targeted Coherent)*** energetic products are based on a proprietary technology developed by LoR. Caarl Robinson. The specially prepared 100% alcohol-free liquid medium is energetically imbued with a complex energy signature that has a homeopathic-like action.

BTC™ Tantrum Away!™ – Contains *mB!™* LTM's* and proprietary complex homeopathic-based BTC™ energy signatures to reduce emotional crisis, stress, irritable behavior.

BTC™ Chemical Detox•E – Contains *mB!™* LTM's* and proprietary homeopathic-based BTC™ energy signatures to help flush chemical, organic, and vaccine-based toxins.

BTC™ Focus & Calming – Aids With Mental Focusing & Emotional Calming. Contains: *mB!™* Liquid Trace Minerals, oxygen and laser enriched glycerated water, and proprietary CBN™ complex homeopathic-based BTC™ energy signatures. Item #425–1 oz Spray

BTC™ Food Sensitivities & Allergies – Helps Reduce Food-Based Reactions. Contains: *mB!™* Liquid Trace Minerals, oxygen and laser enriched glycerated water, and proprietary CBN™ complex homeopathic-based BTC™ energy signatures. Item #424–1 oz Spray

BTC™ Hayfever/Pollen/Dust Allergies – Helps Reduce Reactions. Contains: *mB!™* Liquid Trace Minerals, oxygen and laser enriched glycerated water, and proprietary CBN™ complex homeopathic-based BTC™ energy signatures. Item #423–1 oz Spray

Liquid Trace Minerals:

micro-BURST!™ Liquid Trace Minerals – Trace minerals are vitally important to building and protecting health. While all Cedar Bear Naturales™ herbal formulas have *mB!™* Liquid Trace Mineral base in them to help them work even more effectively, *microBURST!™* is the concentrated microfractionated trace minerals with an Aromaceutical™ Blend that goes right to the source, benefiting fluid dynamics and cellular function.