



# **INTRODUCTION**

**to**

# **GENTLE WARRIORS**

**Pediatric Formulas**



# GENTLE WARRIORS

We want children to be sturdy, safe, and healthy. A sturdy child is resilient, energetic, cheerful, and engaged with her world. By supporting her natural growth and development, we increase her capacity for resisting illness and adapting to challenges. A healthy child responds positively to good food and a nurturing environment, easily recovering from sickness or trauma with gentle care and mild medicine. Protecting a child from harm is a priority for doctors and parents.

Gentle Warriors are safe and effective remedies that support and protect the welfare of children, from infancy through adolescence, by addressing many of the most common childhood ailments. These formulas focus upon respiratory, digestive, dermatological, and psychological problems.

In conventional pediatrics, antibiotics are life-saving when necessary, but are commonly over-prescribed for non-serious and self-limiting illnesses like otitis media, bronchitis, sinusitis, pharyngitis, gastroenteritis, urethritis, and dermatitis. Earaches are the most frequent trigger for pediatric visits, and the standard treatment is amoxicillin, even though studies show that antibiotics do not effectively reduce the incidence of ear infections. Of the 235 million doses of antibiotics given each year, the Center for Disease Control estimates between 20 and 50 percent are unnecessary. Over-prescription of antibiotics undermines resistance to infection and promotes recurrence. Repeated use causes secondary problems including yeast overgrowth, diarrhea, indigestion, and mal-absorption.

Gentle Warriors provides alternative solutions to pediatric problems without adverse effects. Before resorting to harsh pharmaceutical interventions the following formulas are appropriate:

**Windbreaker:** earaches, sinusitis, sore throat, colds, flu, allergies

**Chest Relief:** laryngitis, cough, phlegm

**Pipe Cleaner:** bronchitis, painful cough, tenacious phlegm

**Open Air:** acute asthma, wheezing

**Deep Breath:** chronic asthma, wheezing

**Grow and Thrive:** poor appetite, low resistance, weak digestion, frail

**Tummy Tamer:** indigestion, gastroenteritis

**Easy Going:** constipation

**Belly Binder:** diarrhea

**Fire Fighter:** rashes, hives, impetigo, bites, stings

**Quiet Calm:** trauma, stress, moodiness, crankiness, hyperactivity

Gentle Warriors are mild tasting liquid extracts and flavored tablets that are easy for children to swallow.



# GROWING THE DAO: BUILDING HEALTH IN EARLY CHILDHOOD

*To get to the richness of practice  
Just look at the blushing baby.  
Such weak bones and tender muscles  
And yet what a firm grasp.  
Unaware of sexuality and yet so fully aroused  
Such is his utmost Essence.  
Crying all day and yet never getting hoarse  
Such is her utmost Harmony.  
Lao Zi 55<sup>1</sup>*

## The Digestive System Rules

For infants and young children, the digestive system rules, and good food is essential to healthy growth. In Chinese medicine, the Middle Burner, governing the activities of the Stomach and Spleen, dominates physiological and psychological process during infancy and early childhood.<sup>2</sup> Relative to their size, children consume large quantities of food and fluids in order to generate an abundance of Nutritive (Ying) and Defensive (Wei) Qi and Blood (Xue). They also eliminate substantial waste. Children are active metabolically, yet limited by their immature respiratory, digestive, nervous, and immune systems. Infants and young children, although they are at the height of their adaptive capacities, are also vulnerable because the Middle Burner is at a peak of activity in order to keep up with rapid growth. They can become intensely ill quickly, and recover rapidly. Or when a problem lingers, they become worn out.

Because of their voracious appetites, and easily overburdened eliminative functions, children can develop accumulations of food, fluids, and Qi, which in turn may evolve into patterns of Qi stasis, Food Stagnation, Dampness, Phlegm, Damp Heat, Heat and Internal Wind. Common manifestations of these congestions include colic, reflux, surplus mucus in the nose, ears, throat and sinuses, irregular bowel movements, rashes, excessive sweating, fevers, sleep disturbances, restlessness and irritability. These conditions are not illnesses, but rather dis-equilibriums of Qi that can predispose a child to catching colds and acquiring allergies, as well as developing problems with vision, hearing, mental focusing, learning and emotional equanimity.

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1 Dao De Ching verse 55 by Lao-Zi adapted translation by Stephen Cowan

2 The functions of the Upper Burner (Lung: respiratory system; and Heart: cortical functions of the central nervous system) and the Lower Burner (Liver: sensory, motor, nervous system; and Kidney: reproductive, developmental, urogenital system) are active, but not as robust as that of the Middle Burner (Spleen: digestive system).



Vulnerable and responsive to fluctuating internal and external influences, children can have dramatic responses. So it is important to pay attention to the timing and dosage of immunizations, antibiotics, decongestants and antihistamines as well as to their exposure to new foods and environments. Some of the common circumstances that put children at risk for imbalances include absent or early termination of breast-feeding and the abrupt introduction of cow's milk, soy-based infant formula, or solid foods before the child can adequately digest them. Even a breast-fed infant can react adversely to foods in the mother's diet that pass into her milk. Food intolerance can disrupt the fragile ecology of the gut, as can antibiotics or immunizations, spawning tribulations from indigestion to the onset of allergic reaction patterns.

Following are a few simple and supportive measures that can be employed to help prevent physical vulnerabilities and developmental problems from occurring:

1. Ideally, babies should breastfeed. The combination of friendly bacteria in the intestines with the antibodies present in breast milk builds resistance until the child's own immune system becomes fully competent. Do not hurry to substitute cow, goat, sheep, or soy for breast milk, as these can induce allergic reactions and immunological changes in the small and large intestine, and have profound nutritional consequences unless supplemented with other foods. Experiment with naturally fermented products such as yogurt, but be alert to any signs of intolerance such as mucus congestion, skin irritation, indigestion, diarrhea, irritability, or sleep disturbance. Contrary to conventional wisdom, it is not essential for children to continue drinking milk after the cessation of breast-feeding in order to maintain adequate calcium levels for proper growth. Sufficient calcium is available in other foods including leafy green vegetables like kale and collard greens, sprouted barley and quinoa, black and pinto beans, almonds and hazelnuts, sunflower and sesame seeds, sardines or other small fishes in which the bones can be consumed with the meat.<sup>3</sup> Also, soup cooked with marrow bones and a little vinegar is an excellent source of calcium, phosphorous and essential amino acids.
2. Adherence to a rigid feeding schedule can be problematic, as can overfeeding. Introduce new foods slowly, one at a time, when the child's appetite indicates a need and taste for them. One indicator of the right moment may be the emergence of the two upper and lower teeth. Emphasize simple, easy to digest, non-allergenic foods: soupy porridge made from non-glutinous white rice, cooked and pureed carrots, yams, spinach, apples, pears, or bananas; diluted, unsweetened fruit juices; vegetable or meat broth. Finally, it is good to avoid the early or excessive feeding of sugar, honey, fruit juice, grains, starchy foods (bread, crackers, pasta), raw fruits and vegetables.
3. Avoid giving infants or toddlers iced or refrigerated liquids or foods-- the cold causes Stomach Qi to stagnate, inhibiting the capacity to digest, assimilate and eliminate. Liquids and soft cooked foods served warm or at room temperature are the most desirable and beneficial, especially when children are sick.
4. Since it is better for children to develop senses of taste and smell at their own pace, avoid adding flavorings or condiments to food like salt, soy sauce, pepper, garlic, ginger, sugar, oil or vinegar unless it is for specific reasons.

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3 Pitchford, Paul, "Healing With Whole Foods", North Atlantic Books, Berkeley, CA, 1993, pp. 177-187.



5. Chinese traditional medicine has a particular bias against overly enthusiastic or frenetic activities that cause excessive physical, mental and emotional stimulation. Over-excitement of the mind and senses can agitate infants and toddlers, creating a dissonance between psyche and soma (Shen-Jing) that may lead to physical, psychological, and cognitive disturbances such as failure to thrive, behavioral problems, dyslexia, and ADD/ADHD. Resist exposing young children to prolonged or over-excited conversation, intense visual and auditory experiences like television, movies, loud music, fireworks and other events that may be too intellectually demanding or overwhelming to their sensitive nervous systems. This is particularly true for eating while watching television, which has been linked to long-term obesity and Attention Deficit Disorder.<sup>4 5 6</sup> For proper restorative sleep, conditions that are not too noisy, bright, hot, cold, or too isolated are optimal.



6. Immunizations, for some infants and toddlers, can be challenging. To optimize conditions for immunizations, it is best to avoid multiple vaccinations administered simultaneously at one visit. It is rare under ordinary conditions that anyone is exposed to multiple diseases at once, and this puts an undue burden on an already delicately balanced organism. While it is often difficult to find a pediatrician who will order and administer individual vaccines since pharmaceutical companies prefer to combine vaccines, it is important for parents and pediatricians to lobby for single vaccines for the protection of children. It is also critical to postpone immunizations with a live vaccine (such as measles, mumps, rubella or chicken pox) for one month following an acute febrile illness such as a cold, the flu or gastroenteritis, in order to give the immune system time to recover.



7. Since antibiotics and immunizations can have a powerful impact on the immature intestinal tract and easily upset the child's immunological equilibrium, digestive capacity, cognitive competence, and mental tranquility, supplement these treatments with ample doses of beneficial intestinal bacteria (bifidus, sporogenes, and saccharomyces in the case of yeast overgrowth) and warm fluids. In the case of immunizations, pre-treatment with acupuncture and herbal formulas such as Grow and Thrive and Windbreaker can bolster a child's resistance prior to and following vaccinations. Some children with weak digestion, poor appetite, and slow growth can also benefit from digestive enzymes (vegetable or animal source) that include protease (for proteins), amylase (for starches), lipase (for fats), and lactase (for the milk sugar lactose).



4 Crespo, Carlos, Dr.P.H., et al., "Television Watching, Energy Intake, and Obesity in US Children," Archives of Pediatrics and Adolescent Medicine, March 2001, Vol. 155, No. 3, pp. 360-365.

5 "Polluting their minds", Mental Health Today, June 22-5, 2005.

6 Obesity and ADHD may represent different manifestations of a common environmental over-sampling syndrome: a model for revealing mechanistic overlap among cognitive, metabolic, and inflammatory disorders. Med Hypotheses, May 16, 2005.



8. Have faith in the child's ability to recover from mild and non-serious illnesses, even when they display a multitude of symptoms that may panic parents and perplex practitioners. For example, it is important to distinguish between a developmental phenomenon, like teething, that is normally accompanied by congestion and drooling, and a cold, which is a reaction to a viral challenge to the upper respiratory system. During the normal teething process, some children develop a hacking or phlegmatic cough with a clear, yellow, or green discharge from the nose or eyes, a sore throat, diaper rashes, low-grade fever, and experience ear discomfort along with sore and swollen gums. This does not mean an infection is the primary cause of the distress. Inflammation in the mouth temporarily generates conditions in the body that stimulate or may even promote microbial overgrowth, and the appearance of yellow or green mucus secretions. However, when the teething subsides, so do the mucus and the pain. Parents as well as practitioners are often swept away by the child's misery and their own doubts and fears. It is important at these times to act in the overall interest of the child, making an effort to identify the source of the child's distress, and providing appropriate relief without overly aggressive treatments. Simply stated, it makes sense to feel for an erupting tooth before reaching for an antibiotic.
  
9. There is also controversy regarding the appropriate medical treatment of sore throats and earaches in children. Evidence indicates that antibiotics are not a particularly effective treatment in most cases. Recent research also suggests that allowing children to recover naturally from common colds and flus without aggressive medical intervention reduces the risk of more serious respiratory problems like asthma and allergies later in life. Public health professionals are increasingly calling for restraint with regard to antibiotic prescriptions, except in specifically defined clinical situations. Antibiotics are not recommended for routine ear infections in children over 2 years of age, or for sore throats, except for culture-proven strep.<sup>7</sup>

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7 <http://www.cdc.gov/drugresistance/community>  
[http://www.aafp.org/PreBuilt/aom\\_qanda.pdf](http://www.aafp.org/PreBuilt/aom_qanda.pdf)  
<http://www.pediatrics.org/cgi/content/full/113/5/1451>  
<http://www.pediatrics.org/cgi/content/full/101/1/S1/163> CDC campaign called "Get Smart: Know When Antibiotics Work"  
<http://www.cdc.gov/drugresistance/community/snortsneezesneezespot>  
<http://www.health.state.ny.us/nysdoh/antibiotic/introcon.htm>



## DOSAGE AND ADMINISTRATION

For babies less than one year, and for children between the ages of one and four, frequency of dosage is more important than quantity. The herbs should be given each time the child would ordinarily nurse, drink, or eat. For children between five-years-old and twelve-years-old, regularity and timing are also critical factors: the herbs should be taken shortly after awakening, before or after regular meals, and at bedtime. In general, it is easiest to administer medicine to children as part of their morning, mealtime, or evening ritual. For small children and for those averse to strange tastes, the extracts may be squirted into the back of the throat where there are fewer taste buds and it is easy to trigger the swallowing reflex. The herbs need not be refrigerated, as they have a long shelf life when kept tightly capped and out of direct light. No medicine should be given chilled from the refrigerator, but rather warmed or at room temperature. The extracts may also be mixed with room temperature fruit juice, milk, cereal, and mashed fruits or vegetables to facilitate ingestion and further mask their taste. However, when the herbs become diluted by more than small quantities of foods or liquids, the overall dosage or frequency may need to increase in order to obtain the expected effects, unless a very slow and moderate action is desired.

### Dosage and Administration Guidelines

**0-4 years: 1/2 to 1 squirt = 15-30 drops**

**4-8 years: 1 to 1-1/2 squirts = 30-45 drops**

**8-12 years: 1 to 1-1/2 squirts = 45-60 drops**

**12 years - adult: 2-3 squirts = 60-90 drops**

Take above dosages 2-4 times per day

When the rubber bulb of the glass dropper is firmly squeezed, approximately 1 ml is drawn into the dropper (1 squirt), equal to about 1/2 dropperful in a one-ounce bottle. Simply put, *one squeeze equals one squirt*. Dilute in 1 tsp. of breast milk or hot water for infants, or mix with 1 tbsp. of juice at room temperature or 1/4 tsp. of maple syrup for toddlers and children. Mix in 1/4 cup hot water or juice for children 10 years or older.

