

M

the magazine for
kansas city moms

a creative
Thanksgiving
menu

festive
kid fashion
& gift ideas

rejection
how to
recover

November 2013 \$3.95

11 >



0 74470 25056 2
mmagkc.com

the beauty of
Georgia's Golden Isles

the hol(istic) picture

So your little darlings have scrubbed their mitts and gone to bed on time. Is there anything else you can do to prevent them from getting sick? Amanda Chaney, a naturopathic doctor who is the physician on staff and wellness director of Woodside Health and Tennis Club, has several proactive, holistic recommendations.

Probiotics. "Most of the families I see, I get the kids on probiotics at the beginning of the school year," says Chaney, who describes her approach as proactive rather than reactive. "I do that so I build up their internal terrain, as I call it. So when colds and flus start to rear their heads, they've got the arsenal there to fight them off."

Nasal mist. Chaney also recommends using a nasal mist (or saline spray) as a preventative measure to keep nasal cavities moist. "The dryness of the winter breeds bacteria," she says.

Thymic protein. If her clients do get sick, Chaney says she gives them thymic protein, something she says should be in everyone's medicine cabinet. "It's a natural thymic hormone that mimics and stimulates your immune system. You take it three times a day at the first sign of infection until it's resolved. It basically stimulates your T cells and your B cells, your immune system, to get battle-ready. It's a drop, super easy for kids and really effective."

Eucalyptus oil. Chaney uses this for stuffy noses and nasal congestion. "It's a wonderful penetrating vapor, and it's not irritating like menthol or the vapor rub a lot of us use," she says. "It smells great, it's been used for centuries, it clears stuffy airways, it shrinks nasal swelling, it reduces secretion mucus. It's fast without causing sedation."