



Your Sensitive Child

There are a number of non-homeopathic things you can do to reduce symptoms in your sensitive child.

- If your child is being fed with formula milk, try switching to formula goat's milk (Nanny), many children are sensitive to cow's milk and all cow's milk products such as yogurt, cheese and butter. Replace with non-milk based yogurt (Provamil) or sheep or goats milk yogurt, non-milk based spreads and goat's or sheep's milk cheese. Nanny can be bought direct from Vitacare Ltd. 020 7722 4300 or email info@vitacare.co.uk



- Increase essential fatty acid intake (especially omega 3) source: avocado and oily fish

- Bathe your infant in plain water, with no bath additives, keep bathing to the minimum, eg once or twice a week. Rinse bath carefully with plain water after cleaning with household cleaners or preferably just use bicarbonate of soda.

- Wash children's clothes with Ecover washing liquid or use Eco-balls (ecozone orderline 0845 230 4200). If you use a washing powder or liquid, do a double rinse to reduce detergent residue. Avoid using fabric conditioner.

- Dress your children only in cotton clothes and especially avoid wool, even on yourself as they rub up against woolly jumpers when being cuddled and carried.

- Reduce the impact of chemicals from cleaning products by taking them out of your cleaning regime, it's easy to do and very cheap.

- Kitchen spray cleaners can be made out of one bottle of essential oil of grapefruit, tea tree or lavender mixed with just a little Flash liquid and topped up with water. It smells great, does the job fine and reduces the impact on the environment

- Use bicarbonate of soda to clean sinks, fridges and cookers, it can be bought in bulk from Boots

- Use Borax or soda crystals to soak stains out of baby clothes etc.

- Avoid bought room sprays or smellies. just use essential oils, geranium and lavender are great

- If you have had a course of antibiotics during your pregnancy or your child has had a course prior to becoming sensitive, you may well find a course of probiotics very helpful: for more information contact the Cambridge Nutrition Practice, they give helpful advice and will send you appropriate probiotics 01353 723234

- For more information try reading *Imperfectly Natural Woman* by Janey Lee Grace. Crown House Publishing www.crownhouse.co.uk, £12.99.

